

The Monday Note

A five-minute written note from one home to the other, once a week. Facts, plans and one good moment. That's the whole method.

WEEK OF

FROM

TO

This week's plan

Good to know

Sleep, appetite, mood, school, health. Short and factual.

Coming up

Anything past this week the other home should plan around.

One good moment. Something small from this week worth passing on. It costs one line and it changes the weather of everything above it.
