Missed Week Return Plan

Record the actual interruption without rewriting the past.

Name the gap honestly and choose the next suitable commitment rather than creating a punishment schedule.

Hypothetical example: A family records three missed room-cleanup evenings and agrees on one suitable return task rather than assigning three late-night catch-up sessions.

01 Tell the truth about the gap

Record the actual interruption without rewriting the past.

Routine interrupted

Last completed action

Dates actually missed

Reason known today

02 Check the responsibility that remains

Check what is still suitable and what needs an adult decision.

Current responsibility

Changed circumstance

Adult to consult

Unsuitable catch-up work

Missed Week Return Plan / Review & follow-through

03 Choose a visible return

Choose one clear return commitment with a realistic handoff.

Next suitable action

Agreed date

Needed preparation

Person expecting a handoff

04 Review what actually happened

Review the completed return before adding more work.

What was completed

What remained unfinished

Change for next time

Next review