

Calm Chaos HQ

Command-center starter

Four fridge zones. Tape it up. Mark nothing fancy.

Use with the family command-center guide at </guides/family-command-center>

☐ THIS WEEK â only out-of-house events and pickup changes

☐ INCOMING PAPER â forms and mail that just arrived

☐ OUT THE DOOR â keys, bags, signed papers that leave

☐ FOCUS â one line for the week, then stop writing