

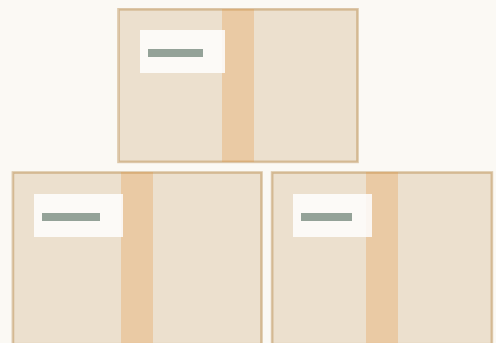


MOVING WEEK COUNTDOWN CHECKLIST

Moving Week Countdown Checklist

The last week before the truck, moving day, and the first week in the new home — pre-dated for a sample move so you can see how it works, with a blank column for your own dates.

Free · print at 100% · US Letter



How to use this checklist

Write your own move-out date below. Every task on the next pages says how many days before or after your move-out date it falls, so it works for any move date — the printed examples all use Tue, Nov 3, 2026, the sample move-out date for the Rivera-Holt household (fictional), a worked example built for this sheet.

Your move-out date: _____

Reading the table

- The **When** column says how many days before or after your own move-out date a task falls — count from your date, not the printed example.
- The **Example date** column shows what that looks like for the sample move-out date, Tue, Nov 3. It is there to check your own math, not to use as your date.
- A small tag under a task, like If you hired movers, means that task only applies to some households. If a tag does not describe your move, skip that row.
- Tick each box as you go, and fill in **Your date** once you know your own move-out date.

The countdown

Twenty-one tasks for the week before moving day, moving day itself, and the week after — soonest first.

Moving week

Task	When	Example date	Your date
☐ Reconfirm your rental truck pickup time and required deposit If you're driving a rental truck	6 days before	Wed, Oct 28	
☐ Confirm the buyer's final walk-through time with your agent If you sold the old home	5 days before	Thu, Oct 29	
☐ Keep the mover's estimate, inventory, and contact numbers with you If you hired movers	4 days before	Fri, Oct 30	
☐ Pack a clearly labeled open-first box for each room	2 days before	Sun, Nov 1	
☐ Pack your essentials bag: chargers, medications, a few days of clothes	2 days before	Sun, Nov 1	
☐ Plan a move-in walk-through of your new rental before you unpack If you're renting the new place	2 days before	Sun, Nov 1	
☐ Defrost and thoroughly dry the freezer the day before load day	1 day before	Mon, Nov 2	
☐ Do a final sweep of closets, cabinets, the attic, and the garage	1 day before	Mon, Nov 2	

Moving day

Task	When	Example date	Your date
☐ Meet the moving crew and walk them through the home before loading If you hired movers	Moving day	Tue, Nov 3	
☐ Review and sign the bill of lading and inventory before the truck leaves If you hired movers	Moving day	Tue, Nov 3	
☐ Keep valuables, documents, medications, and your essentials bag with you	Moving day	Tue, Nov 3	
☐ Do a final walk-through and take dated photos of every empty room	Moving day	Tue, Nov 3	
☐ Hand over keys and your forwarding address to the landlord If you rent the home you're leaving	Moving day	Tue, Nov 3	
☐ Return the rental truck or confirm the drop-off location and time If you're driving a rental truck	Moving day	Tue, Nov 3	
☐ Get your new home's keys at closing and check every door lock works If you bought the new home	Moving day	Tue, Nov 3	

First week in the new home

Task	When	Example date	Your date
☐ Check delivered items against the inventory before signing If you hired movers	2 days after	Thu, Nov 5	
☐ Unpack open-first boxes and set up beds, the kitchen, and bathrooms	3 days after	Fri, Nov 6	
☐ File any damage claim with the mover in writing If you hired movers	4 days after	Sat, Nov 7	
☐ Change or rekey the locks on your new home — renters: ask your landlord first	5 days after	Sun, Nov 8	
☐ File your IRS change of address (Form 8822)	5 days after	Sun, Nov 8	
☐ Test every smoke and carbon monoxide alarm in the new home	6 days after	Mon, Nov 9	

Keep-with-you essentials bag

Pack this bag last and keep it with you on moving day — it never goes on the truck.

- | | |
|--|---|
| ☐ Phone chargers and a power strip | ☐ Pet crate or carrier |
| ☐ Bottled water and easy snacks | ☐ Kids' favorite toys and a tablet/charger |
| ☐ Toilet paper and paper towels | ☐ Change of clothes for each family member |
| ☐ Basic toolkit and a box cutter | ☐ Bedding for the first night |
| ☐ Trash bags for last-minute cleanup | ☐ Basic cleaning supplies and a sponge |
| ☐ Paper plates, cups, and plastic utensils | ☐ Flashlight and spare batteries |
| ☐ Medications and a small first-aid kit | ☐ Coffee maker or travel mugs |
| ☐ Important documents folder (lease or closing papers, IDs) | ☐ Laptop, chargers, and headphones |
| ☐ Cash and a tip envelope for the crew | ☐ House keys, mail key, and garage remote |
| ☐ Dog food, bowls, and a leash | ☐ Pen, packing tape, and a marker for last-minute labels |

Box labels

Number every box in the order you pack it, and write the same number on a list so a missing box is obvious at unloading. Three labels below are filled in as examples; the rest are blank for your own boxes.

BOX # 1 GOES TO (ROOM IN THE NEW HOME) Kitchen CONTENTS Everyday plates, bowls, mugs, silverware ☒ OPEN FIRST ☐ FRAGILE ☐ HEAVY	BOX # 2 GOES TO (ROOM IN THE NEW HOME) Living room CONTENTS Novels, cookbooks, coffee table books ☐ OPEN FIRST ☐ FRAGILE ☒ HEAVY
BOX # 3 GOES TO (ROOM IN THE NEW HOME) Primary bedroom CONTENTS Sheets, pillows, comforter for our bed ☒ OPEN FIRST ☐ FRAGILE ☐ HEAVY	BOX # _____ GOES TO (ROOM IN THE NEW HOME) CONTENTS ☐ OPEN FIRST ☐ FRAGILE ☐ HEAVY
BOX # _____ GOES TO (ROOM IN THE NEW HOME) CONTENTS ☐ OPEN FIRST ☐ FRAGILE ☐ HEAVY	BOX # _____ GOES TO (ROOM IN THE NEW HOME) CONTENTS ☐ OPEN FIRST ☐ FRAGILE ☐ HEAVY

A checklist you print, not a login you maintain

This is paper: nothing to install and nothing to sign in to. The full workbook below works the same way — a one-time purchase you keep, with no account.

THE FULL MOVING PLANNER AND MOVING CHECKLIST WORKBOOK

This free sheet covers moving week, moving day and the week after. The full **Moving Planner and Moving Checklist Workbook** dates all 70 tasks from one move date, before and after it, and marks the ones that do not fit your household, compares a rental truck, a moving container and full-service movers at their real total cost, records up to 8 mover quotes, numbers up to 200 boxes and prints their labels from your own list, and flags gaps between utility stops and starts at both homes — in one Excel and Google Sheets workbook. [See the full workbook >](#)

See the full range at ardentworkshop.com.

The sample household and every date shown are fictional and illustrative. Pass this sheet on to anyone who needs it — nothing was asked for it, and nothing is asked of the person you hand it to.

© Ardent Workshop LLC. This free starter is yours to keep and to share as-is. Please don't resell it.