ADHD Body-Doubling & Pomodoro Focus Sprint Log for Busy

2-PAGE TANGERINE & TEAL EDITION PDF

ENTRY

- [ ] Vacuum floors
- [ ] Wipe switches
- [ ] Clean mirrors
- [ ] Water plants
- [ ] Change sheets
- [ ] Load dishwasher
- [ ] Sweep porch
- [ ] Wash bath mats

OFFICE

- [ ] Wipe switches
- [ ] Vacuum floors
- [ ] Wipe fridge
- [ ] Sweep porch
- [ ] Clean toilet
- [ ] Sort mail
- [ ] Change sheets
- [ ] Dust shelves

Kids' Room

- [ ] Clean oven
- [ ] Vacuum floors
- [ ] Load dishwasher
- [ ] Water plants
- [ ] Clean toilet
- [ ] Wash windows
- [ ] Descale kettle
- [ ] Declutter one drawer

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Living Room							
Kitchen							
Bathroom							
Laundry							
Office							

Fix-it list

Monthly deep clean

Donate pile

Supplies to buy