ADHD Dopamine Menu Printable for Busy Moms & Household

2-PAGE TANGERINE & TEAL EDITION PDF

KITCHEN

- [ ] Load dishwasher
- [ ] Vacuum floors
- [ ] Wash bath mats
- [ ] Scrub shower
- [ ] Change sheets
- [ ] Sweep porch
- [ ] Declutter one drawer
- [ ] Wipe skirting

Entry

- [ ] Fold laundry
- [ ] Clean mirrors
- [ ] Clean microwave
- [ ] Scrub shower
- [ ] Wipe benches
- [ ] Clean oven
- [ ] Water plants
- [ ] Sweep porch

Laundry

- [ ] Scrub shower
- [ ] Wipe skirting
- [ ] Load dishwasher
- [ ] Descale kettle
- [ ] Mop kitchen
- [ ] Sort mail
- [ ] Vacuum floors
- [ ] Water plants



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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Laundry							
Outdoor							
Bathroom							
Office							
Entry							

Supplies to buy

Monthly deep clean

Donate pile

Fix-it list