ADHD Hyperfocus Project Breakdown & Sprint Map for

2-PAGE TANGERINE & TEAL EDITION PDF



Entry

- [ ] Sweep porch
- [ ] Change sheets
- [ ] Wash bath mats
- [ ] Fold laundry
- [ ] Clean microwave
- [ ] Clean oven
- [ ] Dust shelves
- [ ] Clean mirrors

LIVING ROOM

- [ ] Sweep porch
- [ ] Change sheets
- [ ] Scrub shower
- [ ] Clean toilet
- [ ] Dust shelves
- [ ] Wipe benches
- [ ] Wash windows
- [ ] Clean oven

Bathroom

- [ ] Wash bath mats
- [ ] Wash windows
- [ ] Wipe fridge
- [ ] Declutter one drawer
- [ ] Sort mail
- [ ] Vacuum floors
- [ ] Water plants
- [ ] Clean toilet

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Kitchen							
Office							
Bathroom							
Entry							
Kids' Room							

Fix-it list

Supplies to buy

Monthly deep clean

Donate pile