ADHD Room-by-Room Micro-Step Cleaning Checklist for

2-PAGE CORAL & EMERALD EDITION PDF

Laundry

- [ ] Water plants
- [ ] Wipe switches
- [ ] Descale kettle
- [ ] Mop kitchen
- [ ] Scrub shower
- [ ] Empty bins
- [ ] Load dishwasher
- [ ] Clean oven

Kitchen

- [ ] Vacuum floors
- [ ] Wipe benches
- [ ] Water plants
- [ ] Wipe skirting
- [ ] Scrub shower
- [ ] Wipe fridge
- [ ] Clean mirrors
- [ ] Mop kitchen

BATHROOM

- [ ] Wipe fridge
- [ ] Clean microwave
- [ ] Scrub shower
- [ ] Clean mirrors
- [ ] Wash windows
- [ ] Wipe switches
- [ ] Clean oven
- [ ] Mop kitchen

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bathroom							
Office							
Outdoor							
Kids' Room							
Bedroom							

Supplies to buy

Monthly deep clean

Fix-it list

Donate pile