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

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OUTDOOR

- [ ] Wipe switches
- [ ] Fold laundry
- [ ] Sort mail
- [ ] Clean toilet
- [ ] Dust shelves
- [ ] Wipe skirting
- [ ] Change sheets
- [ ] Sweep porch

Kitchen

- [ ] Load dishwasher
- [ ] Clean mirrors
- [ ] Wipe skirting
- [ ] Vacuum floors
- [ ] Mop kitchen
- [ ] Descale kettle
- [ ] Fold laundry
- [ ] Water plants

BEDROOM

- [ ] Water plants
- [ ] Load dishwasher
- [ ] Clean oven
- [ ] Declutter one drawer
- [ ] Vacuum floors
- [ ] Fold laundry
- [ ] Wipe skirting
- [ ] Wash windows

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Outdoor							
Kids' Room							
Office							
Entry							
Laundry							

Donate pile

Monthly deep clean

Supplies to buy

Fix-it list