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

2-PAGE EMERALD & PEONY EDITION PDF

BATHROOM

- [ ] Empty bins
- [ ] Load dishwasher
- [ ] Wipe skirting
- [ ] Mop kitchen
- [ ] Vacuum floors
- [ ] Scrub shower
- [ ] Wash towels
- [ ] Sweep porch

Office

- [ ] Scrub shower
- [ ] Wipe fridge
- [ ] Clean mirrors
- [ ] Clean microwave
- [ ] Mop kitchen
- [ ] Wipe skirting
- [ ] Wash windows
- [ ] Change sheets

Laundry

- [ ] Sweep porch
- [ ] Vacuum floors
- [ ] Wash windows
- [ ] Water plants
- [ ] Empty bins
- [ ] Dust shelves
- [ ] Descale kettle
- [ ] Change sheets

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Kitchen							
Bathroom							
Kids' Room							
Outdoor							
Laundry							

Supplies to buy

Fix-it list

Monthly deep clean

Donate pile