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

2-PAGE ELECTRIC VIOLET & ROSE EDITION PDF

ENTRY

- [ ] Change sheets
- [ ] Clean mirrors
- [ ] Scrub shower
- [ ] Descale kettle
- [ ] Dust shelves
- [ ] Wipe benches
- [ ] Clean microwave
- [ ] Sort mail

Outdoor

- [ ] Wash towels
- [ ] Descale kettle
- [ ] Wash windows
- [ ] Clean mirrors
- [ ] Wipe benches
- [ ] Clean oven
- [ ] Water plants
- [ ] Load dishwasher

Office

- [ ] Dust shelves
- [ ] Clean toilet
- [ ] Vacuum floors
- [ ] Clean microwave
- [ ] Clean mirrors
- [ ] Clean oven
- [ ] Mop kitchen
- [ ] Fold laundry

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

2-PAGE ELECTRIC VIOLET & ROSE EDITION PDF

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Kitchen							
Living Room							
Entry							
Outdoor							
Bathroom							

Fix-it list

Monthly deep clean

Supplies to buy

Donate pile