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

2-PAGE AEGEAN COBALT & SUN EDITION PDF



OUTDOOR

- [ ] Wipe fridge
- [ ] Wash towels
- [ ] Scrub shower
- [ ] Vacuum floors
- [ ] Declutter one drawer
- [ ] Clean mirrors
- [ ] Load dishwasher
- [ ] Wipe switches

KIDS' ROOM

- [ ] Sweep porch
- [ ] Empty bins
- [ ] Clean oven
- [ ] Wash windows
- [ ] Declutter one drawer
- [ ] Change sheets
- [ ] Wipe switches
- [ ] Wash towels

Laundry

- [ ] Scrub shower
- [ ] Wipe benches
- [ ] Wipe skirting
- [ ] Change sheets
- [ ] Wipe switches
- [ ] Empty bins
- [ ] Sort mail
- [ ] Water plants

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

2-PAGE AEGEAN COBALT & SUN EDITION PDF

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

Supplies to buy

Fix-it list

Donate pile

Monthly deep clean