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

2-PAGE ROYAL SAPPHIRE & CORAL EDITION PDF



Entry

- ◇ Mop kitchen
- ◇ Wipe skirting
- ◇ Clean toilet
- ◇ Sweep porch
- ◇ Change sheets
- ◇ Wash bath mats
- ◇ Load dishwasher
- ◇ Wipe benches

OUTDOOR

- ◇ Clean mirrors
- ◇ Wipe fridge
- ◇ Wash windows
- ◇ Clean toilet
- ◇ Wipe skirting
- ◇ Mop kitchen
- ◇ Empty bins
- ◇ Water plants

Bedroom

- ☐ Wash windows
- ☐ Fold laundry
- ☐ Dust shelves
- ☐ Load dishwasher
- ☐ Sweep porch
- ☐ Wipe skirting
- ☐ Wipe fridge
- ☐ Wipe benches

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

Monthly deep clean

Fix-it list

Supplies to buy

Donate pile