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

2-PAGE HOT PEONY & MINT EDITION PDF

KIDS' ROOM

- [ ] Load dishwasher
- [ ] Fold laundry
- [ ] Water plants
- [ ] Declutter one drawer
- [ ] Scrub shower
- [ ] Clean mirrors
- [ ] Wipe benches
- [ ] Change sheets

KITCHEN

- [ ] Dust shelves
- [ ] Wash windows
- [ ] Sort mail
- [ ] Vacuum floors
- [ ] Sweep porch
- [ ] Empty bins
- [ ] Fold laundry
- [ ] Wash towels

Entry

- [ ] Water plants
- [ ] Vacuum floors
- [ ] Declutter one drawer
- [ ] Fold laundry
- [ ] Dust shelves
- [ ] Clean microwave
- [ ] Load dishwasher
- [ ] Wipe fridge

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

2-PAGE HOT PEONY & MINT EDITION PDF



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

Fix-it list

Supplies to buy

Donate pile

Monthly deep clean