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

2-PAGE MARIGOLD & BERRY EDITION PDF



BATHROOM

- [ ] Mop kitchen
- [ ] Declutter one drawer
- [ ] Change sheets
- [ ] Clean oven
- [ ] Load dishwasher
- [ ] Fold laundry
- [ ] Wipe skirting
- [ ] Sweep porch

Outdoor

- [ ] Vacuum floors
- [ ] Declutter one drawer
- [ ] Wipe switches
- [ ] Load dishwasher
- [ ] Scrub shower
- [ ] Mop kitchen
- [ ] Clean oven
- [ ] Water plants

Laundry

- [ ] Empty bins
- [ ] Sort mail
- [ ] Dust shelves
- [ ] Wash towels
- [ ] Clean microwave
- [ ] Wipe skirting
- [ ] Wipe fridge
- [ ] Change sheets

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Living Room							
Entry							
Laundry							
Office							
Bathroom							

Donate pile

Supplies to buy

Monthly deep clean

Fix-it list