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

2-PAGE TERRACOTTA & TURQUOISE EDITION PDF



Laundry

- [ ] Water plants
- [ ] Sort mail
- [ ] Descale kettle
- [ ] Fold laundry
- [ ] Wash windows
- [ ] Clean toilet
- [ ] Load dishwasher
- [ ] Clean microwave

Outdoor

- [ ] Sweep porch
- [ ] Vacuum floors
- [ ] Wash bath mats
- [ ] Fold laundry
- [ ] Descale kettle
- [ ] Wipe benches
- [ ] Wipe switches
- [ ] Declutter one drawer

OFFICE

- [ ] Wash towels
- [ ] Clean oven
- [ ] Empty bins
- [ ] Clean toilet
- [ ] Wipe benches
- [ ] Scrub shower
- [ ] Mop kitchen
- [ ] Sort mail

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Laundry							
Kids' Room							
Bathroom							
Bedroom							
Living Room							

Fix-it list

Supplies to buy

Monthly deep clean

Donate pile