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

ARTISTS & DESIGNERS

KIDS' ROOM

- [ ] Clean oven
- [ ] Empty bins
- [ ] Fold laundry
- [ ] Clean mirrors
- [ ] Sort mail
- [ ] Water plants
- [ ] Wash bath mats
- [ ] Mop kitchen

OUTDOOR

- [ ] Clean oven
- [ ] Wipe benches
- [ ] Wash bath mats
- [ ] Wipe fridge
- [ ] Mop kitchen
- [ ] Descale kettle
- [ ] Vacuum floors
- [ ] Declutter one drawer

Bedroom

- [ ] Scrub shower
- [ ] Wash bath mats
- [ ] Clean toilet
- [ ] Sort mail
- [ ] Wipe switches
- [ ] Vacuum floors
- [ ] Clean oven
- [ ] Wash windows

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ARTISTS & DESIGNERS



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Kitchen							
Office							
Entry							
Bathroom							
Bedroom							

Supplies to buy

Monthly deep clean

Donate pile

Fix-it list