Executive Function Morning & Bedtime Launchpad for Busy

2-PAGE TANGERINE & TEAL EDITION PDF

Bedroom

- ◇ Wipe fridge
- ◇ Change sheets
- ◇ Wipe skirting
- ◇ Clean mirrors
- ◇ Clean toilet
- ◇ Scrub shower
- ◇ Descale kettle
- ◇ Vacuum floors

KITCHEN

- ☐ Descale kettle
- ☐ Mop kitchen
- ☐ Empty bins
- ☐ Wipe fridge
- ☐ Clean mirrors
- ☐ Water plants
- ☐ Wash towels
- ☐ Sweep porch

Outdoor

- ☐ Sort mail
- ☐ Wash windows
- ☐ Wipe skirting
- ☐ Mop kitchen
- ☐ Water plants
- ☐ Descale kettle
- ☐ Clean oven
- ☐ Scrub shower

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

Supplies to buy

Donate pile

Monthly deep clean

Fix-it list