Neurodivergent Weekly Reset & Sunday Admin Dashboard for

2-PAGE TANGERINE & TEAL EDITION PDF



KITCHEN

- [ ] Sort mail
- [ ] Mop kitchen
- [ ] Vacuum floors
- [ ] Dust shelves
- [ ] Wash towels
- [ ] Load dishwasher
- [ ] Clean mirrors
- [ ] Wipe fridge

LAUNDRY

- [ ] Water plants
- [ ] Scrub shower
- [ ] Wash bath mats
- [ ] Sort mail
- [ ] Empty bins
- [ ] Wipe switches
- [ ] Wash towels
- [ ] Change sheets

BEDROOM

- [ ] Wipe skirting
- [ ] Wipe benches
- [ ] Sweep porch
- [ ] Vacuum floors
- [ ] Clean oven
- [ ] Dust shelves
- [ ] Wipe switches
- [ ] Descale kettle

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Laundry							
Bedroom							
Office							
Outdoor							
Bathroom							

Monthly deep clean

Supplies to buy

Fix-it list

Donate pile