

MY MOTIVATIONS

My least favorite area in the house now and how it makes me feel
low I would feel when this area is finally cleaned up and organized
How I would reward myself

MONTHLY PLANNER

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3	MON	TUE	WED	THU	FRI	SAT	SUN
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WEEKLY PLANNER

Monday	Tuesday
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Wednesday	Thursday
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Friday	Saturday
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Sunday	Notes
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DAILY PLANNER

Schedule	Cleaning Tasks
	Brain Dump
To Do	
To Duy	
To Buy	

Daily Chores				
Monthly Chores				
Yearly Chores				
Ad-hoc Chores				

Bedroom 1	Bedroom 2
Bedroom 3	Bedroom 4

Kitchen	Living Room
Dining Room	Bathroom

TASK	М	Т	W	Т	F	S	S

CLEANING ROSTER

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KITCHEN CHECKLIST

Clear out food cabinet of expired foods
Clean and organize fridge and freezer
Discard expired food from fridge and freezer
Clean the stove top
Clean the oven
Clean all countertop surfaces
Sweep and mop the kitchen floor
Clean the walls
Clean the sink, faucet, and drain
Make a meal plan to use up all soon-to-expire foods

PANTRY INVENTORY

F00D	EXPIRY DATE	MEAL IDEAS

BATHROOM CHECKLIST

Sweep and mop the floors
Change the curtains / Clean the blinds
Clean the windows
Replace the sheets
Dust the ceiling fans
Empty the bins
Clean and organize cabinets shelves
Clean all tabletop surfaces
Discard spoilt, old and unused items
Vacuum / Deep clean carpets

LIVING ROOM CHECKLIST

Sweep and mop the floors
Change the curtains / Clean the blinds
Clean the windows
Clean the sofas
Dust the ceiling fans
Empty the bins
Clean and organize cabinets and shelves
Clean all tabletop surfaces
Discard spoilt, old and unused items
Vacuum / Deep clean carpets











