

CLEANING CHECKLIST

MONDAY: KITCHEN RESET

- Wipe down counters and appliances
- Toss expired leftovers from the fridge
- Quick sweep and mop of the floor

TUESDAY: BATHROOM BLITS

- Clear and wipe down counters and sinks
- Clean mirrors (goodbye fingerprints)
- Clean toilets

WEDNESDAY: LAUNDRY & FLOORS

- One load of laundry (washed, folded, and put away!)
- A quick vacuum and mop of high traffic areas

THURSDAY: DECLUTTER HOTSPOTS

- Tidy the living room
- Clear kitchen counters
- Relocate stray toys and clutter

FRIDAY: BEDROOM RESET

- Change bed linens
- Tidy nightstands and dressers
- Open windows for a quick room refresh

SATURDAY: DUST & CATCH UP

- Dust as many surfaces and rooms as you can manage
- Catch up on any missed tasks

SUNDAY: PLAN & PREP

- Light tidy up
- Plan the week ahead and add important dates to the family calendar
- Optional: Meal Plan and prep for the week ahead

NON-NEGOTIABLES & HEALTHY HABITS FOR A FRESH START

- Reset every night! End the day with a quick 10 minute reset
- Make your bed in the mornings and set the tone for the rest of the day