



task schedule

	CLEAN	DECLUTTER	ORGANISE	NEW HABIT	5 MIN TASK
1	☐ Kitchen	☐ Kitchen bench	☐ Under the kitchen sink	☐ Clear the kitchen bench	☐ Tidying a bookshelf
2	☐ Main bedroom	☐ Bedroom surfaces	☐ Top drawer bedside table	☐ Make bed	☐ Wipe over your dining chairs
3	☐ Laundry	☐ Laundry pile	☐ Laundry routine	☐ Put on a load of washing	☐ Polish or dust 2 pieces of furniture
4	☐ Lounge room	☐ Magazine collection	☐ Pamper yourself	☐ Say no	☐ Clean windows of main areas in your home
5	☐ The floors	☐ Out of date food	☐ Pantry	☐ Put rubbish in the bin	☐ Tidy the kitchen bench
6	☐ Bathrooms	☐ Top of bathroom vanity	☐ Shower caddy	☐ Clean bathroom vanity	☐ Wash the lines on your clothes line
7	☐ Fridge	☐ Cookbooks	☐ Meal planning	☐ Meal plan	☐ Wipe over kitchen appliances
8	☐ Toy/craft/spare room	☐ Kids toys	☐ Family responsibility system	☐ Tidy shelf	☐ Clean surfaces in bedroom
9	☐ Ceiling fans	☐ Junk drawer	☐ Calendar/diary	☐ Unload dishwasher	☐ Dust around the lights
10	☐ Oven	☐ Kitchen cupboards	☐ Tupperware cupboard	☐ Cleaning stove	☐ Clean splatters from bathroom mirrors
11	☐ Washing machine	☐ Linen cupboard	☐ Linen cupboard	☐ One in one out	☐ Tidy under your laundry sink
12	☐ Dishwasher	☐ Bathroom cupboards	☐ Bathroom cupboards	☐ Check your calendar	☐ Remove all the rubbish from car
13	☐ The cornices	☐ Kids artwork	☐ Kids artwork	☐ Kids drawings	☐ Remove dust from bathroom exhaust fan
14	☐ The office	☐ Office desk	☐ Organise office desk	☐ Keep a clutter free desk	☐ Unsubscribe from emails
15	☐ Patio/outdoor area	☐ Weeds	☐ Kids wardrobes	☐ Water plants	☐ Tidy outside your front door
16	☐ Wardrobe	☐ Clothes	☐ Wardrobe	☐ One in one out	☐ Tidy kids bedrooms
17	☐ Switches, door handles	☐ Medicine cabinet	☐ Medicines	☐ Junk mail	☐ Spot clean lounge
18	☐ Dining room	☐ Dumping zone	☐ Date night	☐ To do list	☐ Empty all indoor rubbish bins
19	☐ Kids bedroom	☐ Kids bedroom	☐ Kids bedrooms	☐ Sentimental clutter	☐ Clean wheelie bin
20	☐ Free choice	☐ Freezer	☐ Baking day	☐ Stick with your routines	☐ Tell all your family members you love them