ADHD Cleaning Checklist

WEEK OF _____

MY RESET TIME _____

10-MINUTE DAILY RESET

- [ ] Set a timer for 10 minutes
- [ ] Put dishes in the sink or dishwasher
- [ ] Wipe the kitchen counters
- [ ] Take out any full trash
- [ ] Put away five things
- [ ] Clear one surface
- [ ]
- [ ]

KITCHEN

- [ ] Run or empty the dishwasher
- [ ] Hand wash a few dishes
- [ ] Wipe the stove top
- [ ] Toss old food from the fridge
- [ ] Wipe the sink and faucet
- [ ] Sweep the floor
- [ ] Take out the recycling
- [ ]
- [ ]

BATHROOM

- [ ] Wipe the sink and counter
- [ ] Swish the toilet with a brush
- [ ] Wipe the toilet seat and handle
- [ ] Hang up or swap the towels
- [ ] Restock toilet paper
- [ ] Empty the trash
- [ ]
- [ ]

BEDROOM

- [ ] Pull up the covers on the bed
- [ ] Put clothes in the hamper
- [ ] Clear the nightstand
- [ ] Bring cups and plates to the kitchen
- [ ] Open the curtains
- [ ] Put shoes in one spot
- [ ]
- [ ]

LAUNDRY

- [ ] Start one load
- [ ] Set a timer to move it to the dryer
- [ ] Fold or hang one load
- [ ] Put clean clothes away
- [ ] Wash the towels
- [ ] Wash the sheets
- [ ]
- [ ]

WEEKLY

- [ ] Vacuum the main floors
- [ ] Mop the kitchen and bathroom
- [ ] Clean the toilet, sink and shower
- [ ] Change the bed sheets
- [ ] Dust the surfaces you see most
- [ ] Clear out the fridge before shopping
- [ ] Take the bins to the curb
- [ ]
- [ ]

WHEN IT GOT AWAY FROM ME

- [ ] Fill one trash bag first
- [ ] Gather all dishes in the kitchen
- [ ] Start the dishwasher or a sink of soapy water
- [ ] Put all laundry in one basket
- [ ] Pick one room, or one corner of it
- [ ] Set a 15-minute timer and stop when it rings
- [ ] Ask someone to keep you company

ADHD Cleaning Checklist (continued)

- [ ]
- [ ]

Any finished line counts. Do what fits today and pick it up again tomorrow.