

WEEK ONE

Monday

SUPPLIES: TRASH BAG, SPRAY CLEANER, CLEANING RAG

DAILY TASKS:

- DO ONE LOAD OF LAUNDRY FROM START TO FINISH
- SPEND FIVE MINUTES OR LESS PICKING UP TRASH AROUND THE HOUSE
- PUT AWAY ALL OF ONE ITEM (I.E. SHOES, DISHES, TOWELS, ETC)

DAILY GOAL:

- CLEAN THE NIGHTSTAND

EXTRA TASKS:

- CLEAN THE "OTHER" NIGHTSTAND IF YOU HAVE ONE
- WIPE DOWN THE HEAD- AND FOOT-BOARD
- CLEAN THE CEILING FAN

Tuesday

SUPPLIES: 2 BOXES OR BAGS (TRASH AND DONATIONS), BROOM, DUST PAN, MOP, CLEANING/MOPPING SOLUTION

DAILY TASKS:

- DO ONE LOAD OF LAUNDRY FROM START TO FINISH
- SPEND FIVE MINUTES OR LESS SORTING THROUGH YOUR MAIL PILE
- SPEND FIVE MINUTES OR LESS PUTTING AWAY ELECTRONICS

DAILY GOAL:

- CLEAN THE BOTTOM OF THE CLOSET

EXTRA TASKS:

- WIPE DOWN YOUR WALLS
 - CLEAN THE BASEBOARDS
 - DUST YOUR BLINDS/SHADES
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WEEK ONE

Wednesday

SUPPLIES: 2 BOXES OR BAGS (TRASH AND DONATIONS), SPRAY CLEANER, CLEANING RAG

DAILY TASKS:

- DO ONE LOAD OF LAUNDRY FROM START TO FINISH
- SPEND TEN MINUTES OR LESS ON DISHES

DAILY GOAL:

- CLEAN THE T-SHIRT DRAWER

EXTRA TASKS:

- WIPE DOWN WINDOW PANES
- CLEAN THE WINDOW SILLS

Thursday

SUPPLIES: 2 BOXES OR BAGS (TRASH AND DONATIONS), SPRAY CLEANER, CLEANING RAG

DAILY TASKS:

- DO ONE LOAD OF LAUNDRY FROM START TO FINISH
- SPEND TEN MINUTES OR LESS CLEANING OFF ANY COUNTER IN THE HOUSE

DAILY GOAL:

- CLEAN THE SHORTS/PANTS DRAWER

EXTRA TASKS:

- WIPE DOWN ALL THE DOORS
 - CLEAN ALL THE DOOR FRAMES
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WEEK ONE

Friday

SUPPLIES: 2 BOXES OR BAGS (TRASH AND DONATIONS), SPRAY CLEANER, CLEANING RAG

DAILY TASKS:

- DO ONE LOAD OF LAUNDRY FROM START TO FINISH

DAILY GOAL:

- CLEAN THE "UNMENTIONABLES" DRAWER

EXTRA TASKS:

- CLEAN OFF THE TOP OF THE DRESSER
- WIPE DOWN ALL SIDES TO THE DRESSER

Saturday

SUPPLIES: 2 BOXES OR BAGS (TRASH AND DONATIONS), SPRAY CLEANER, CLEANING RAG

DAILY TASKS:

- DO ONE LOAD OF LAUNDRY FROM START TO FINISH
- CLEAN ALL YOUR TOILETS

DAILY GOAL:

- CLEAN THE "HANGING" CLOTHES

EXTRA TASKS:

- CLEAN ANY MIRRORS IN THE BEDROOM
 - PURGE THE JEWELRY BOX
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WEEK ONE

Sunday

SUPPLIES: 2 BOXES OR BAGS (TRASH AND DONATIONS), SPRAY CLEANER, CLEANING RAG, STEP STOOL

DAILY TASKS:

- DO **THREE** LOADS OF LAUNDRY FROM START TO FINISH

DAILY GOAL:

- CLEAN THE TOP SHELF OF THE CLOSET

EXTRA TASKS:

- CLEAN OUT UNDER THE BED
 - VACUUM/MOP BEDROOM FLOORS
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