

**GENERAL AREAS (LIVING ROOM, HALLWAYS, ETC.)**

- ☐ Tidy up clutter (toys, books, magazines)
- ☐ Dust all surfaces (tables, shelves, décor)
- ☐ Vacuum or sweep floors
- ☐ Fluff pillows and fold blankets
- ☐ Empty bins

**KITCHEN**

- ☐ Wash dishes or load the dishwasher
- ☐ Wipe down countertops and stovetop
- ☐ Clean sink and faucet
- ☐ Sweep/mop floors
- ☐ Wipe down appliances fronts (fridge, microwave, etc)
- ☐ Take out rubbish if bins are full

**BEDROOMS**

- ☐ Make the bed
- ☐ Organise any loose items (clothes, shoes, etc.)
- ☐ Dust bedside tables and dressers
- ☐ Vacuum/sweep floors
- ☐ Empty bins

**BATHROOMS**

- ☐ Clean and disinfect the sink and countertops
- ☐ Wipe mirrors and fixtures
- ☐ Scrub toilet (inside and out)
- ☐ Wipe down shower/tub
- ☐ Replace towels if needed
- ☐ Empty bins

**MISCELLANEOUS**

- ☐ Check laundry and start a load if necessary
- ☐ Water house plants
- ☐ Clean door handles and light switches
- ☐ Air out rooms by opening windows briefly

REMEMBER:  
YOU MIGHT ONLY BE ABLE  
TO MANAGE A COUPLE OF  
THINGS FROM THE LIST,  
AND THAT'S OK