CHALLENGES

Fall Refresh Week

Work at your own pace. Tick off what you finish and leave the rest for another session.

Date: _____ | 21 tasks

Use a product suited to the surface and follow its label. Never mix cleaning products. Keep them away from children and pets.

01 / Day 1. Clear Your Workspace

- [ ] Remove 3 unused items.
- [ ] Wipe your desk and screen.
- [ ] Organize cables or papers.

02 / Day 2. Clean Your Phone

- [ ] Delete unused apps.
- [ ] Remove blurry photos.
- [ ] Clear old notifications.

03 / Day 3. Closet Reset

- [ ] Pick 5 items to donate or store.
- [ ] Sort clothes by type or color.
- [ ] Freshen drawers or shelves.

04 / Day 4. Inbox Detox

- [ ] Unsubscribe from 3 newsletters.
- [ ] Delete 50 old emails.
- [ ] Flag key messages.

05 / Day 5. Digital Refresh

- [ ] Organize your desktop/files.
- [ ] Rename messy filenames.
- [ ] Back up essentials.

06 / Day 6. Self-Care Tidy

- [ ] Drop one non-essential task.
- [ ] Write a quick reflection.
- [ ] Take 10 screen-free minutes.

07 / Day 7. Fall Reflection

- [ ] Note your favorite change.
- [ ] Set one new tidy habit.
- [ ] Claim your badge & celebrate!

Notes & next steps

Continue in the Tidy app

cleaning-schedule.app/en/#download