CHALLENGES

7-Day Cozy & Clean Refresh

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

Date: _____ | 7 tasks

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

01 / 7-Day Cozy & Clean Refresh

- [ ] Day 1: Tidy up your favorite cozy corner
- [ ] Day 2: Refresh your bedding & soft fabrics
- [ ] Day 3: Declutter one drawer or shelf
- [ ] Day 4: Deep clean high-touch areas (light switches, handles)
- [ ] Day 5: Add a cozy touch (candles, blankets, plants)
- [ ] Day 6: Clear your digital clutter (photos, emails, apps)
- [ ] Day 7: Set up a small self-care space

Notes & next steps

Continue in the Tidy app

cleaning-schedule.app/en/#download