CHALLENGES

Make Space in 7 Days

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 Declutter

- [ ] Day 1: Clear the kitchen counters
- [ ] Day 2: Declutter one drawer
- [ ] Day 3: Reset the bathroom
- [ ] Day 4: Declutter your clothes
- [ ] Day 5: Reset the entryway
- [ ] Day 6: Declutter the fridge
- [ ] Day 7: Clear one clutter hotspot

Notes & next steps

Continue in the Tidy app

cleaning-schedule.app/en/#download