CHALLENGES

Fresh Start Mornings

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

Date: _____ | 17 tasks

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

01 / Tidy up the areas you see first thing in the morning:

- [ ] Make your bed neatly
- [ ] Fluff pillows and fold throws
- [ ] 5-minute closet tidy (refold, rehang)
- [ ] Clear off kitchen counters
- [ ] Wipe kitchen table

02 / Quick wipes to create instant brightness and cleanliness:

- [ ] Wipe down your bathroom sink
- [ ] Wipe mirrors or glass
- [ ] Quick sweep of the entryway
- [ ] Spot-clean doorknobs/light switches
- [ ] Wipe down fridge handles

03 / Small efforts to reduce mess and mental load:

- [ ] Put away dishes or empty dishwasher
- [ ] Toss or recycle 5 papers
- [ ] Empty small trash cans
- [ ] Quick declutter of one junk drawer or basket

04 / Simple actions that refresh your whole environment:

- [ ] Air the room if conditions allow
- [ ] Put out a fresh kitchen towel
- [ ] Water houseplants as needed

Notes & next steps

Continue in the Tidy app

cleaning-schedule.app/en/#download