CHALLENGES

A Home and Community Clean-Up Challenge

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

Date: _____ | 15 tasks

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

01 / At-Home Clean-Up Tasks

- [ ] Declutter one surface
- [ ] Wipe down door handles and light switches
- [ ] Sort one drawer or shelf
- [ ] Tidy your entryway
- [ ] Recycle old papers or packaging

02 / Outdoor/Community Tasks

- [ ] Collect a few pieces of litter with gloves; leave sharp or unknown items alone
- [ ] Clean up your garden/balcony
- [ ] Help tidy a shared space

03 / Eco-Friendly/Green Cleaning Tasks

- [ ] Choose one suitable cleaner and follow its label without mixing products
- [ ] Check where you can use less cleaning product
- [ ] Empty the vacuum container or bin according to its instructions
- [ ] Reuse or donate one item you no longer need

04 / Mindful Clean-Up Tasks

- [ ] Reflect on your cleaning habits
- [ ] Set a “Clean-Up Intention” for the month
- [ ] Unsubscribe from unwanted emails

Notes & next steps

Continue in the Tidy app

cleaning-schedule.app/en/#download