CHECKLISTS

One-Minute Chores

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

Date: _____ | 29 tasks

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

01 / Any Room

- [ ] Change smoke detector battery (might take a bit longer)
- [ ] Dust a ceiling fan blade or two
- [ ] Dust an air vent
- [ ] Switch off and cool the light, then dust the bulb with a dry cloth as its instructions allow
- [ ] Empty vacuum bin or bag
- [ ] Pinch off dead plant leaves
- [ ] Dust a portion of a dirty window screen
- [ ] Clean a section of a windowsill
- [ ] Clean your phone following its care instructions

02 / Bathroom

- [ ] Refill toilet paper supply
- [ ] Pull hair out of the shower drain
- [ ] Check the showerhead care instructions before choosing a descaler

03 / Laundry Room

- [ ] Wash a few reusable grocery bags
- [ ] Clean the laundry basket with a suitable product
- [ ] Wipe lint off the washer
- [ ] Wipe lint off the dryer

04 / Bedroom

- [ ] Pick up a few dirty clothes
- [ ] Fluff a pillow according to its care label

05 / Kitchen

- [ ] Unplug and cool the toaster, then empty its crumb tray as instructed
- [ ] Wipe down the silverware drawer
- [ ] Dust the top of the fridge
- [ ] Fill dishwasher rinse aid
- [ ] Clean the disposal only as its care instructions allow
- [ ] Tidy a section of a fridge shelf
- [ ] Wipe a few stove knobs

06 / Living Room

- [ ] Plump a few pillows
- [ ] Use a lint roller on a cushion or two
- [ ] Take a few dishes to the kitchen
- [ ] Straighten a couple of pictures

Notes & next steps

Continue in the Tidy app

cleaning-schedule.app/en/#download