

5-Minute Jobs

In the Kitchen

- ☐ Load the dishwasher
- ☐ Clear the kitchen table
- ☐ Sweep the floor
- ☐ Take out the trash
- ☐ Clean one shelf in the fridge

- ☐ Organize a drawer
- ☐ Wipe the outside of your cabinets
- ☐ Throw away expired food
- ☐ Create a weekly menu
- ☐ Make a grocery list

In the Living Room

- ☐ Vacuum the floor
- ☐ Clean up any trash
(don't forget to look under the couch)
- ☐ Dust flat surfaces

- ☐ Fill a laundry basket with things that belong in other room
- ☐ Wash the windows
- ☐ Organize a shelf

In the Bedroom

- ☐ Gather up any dirty laundry
- ☐ Put clothes away
- ☐ Make the bed
- ☐ Strip the sheets and put clean ones on
- ☐ Vacuum the floor
- ☐ Dust flat surfaces
- ☐ Clean up any trash (don't forget to look under the bed)

- ☐ Pull odds and ends out from under your bed
- ☐ Fill a laundry basket with things that belong in other rooms
- ☐ Declutter the flat surfaces
- ☐ Wash the windows
- ☐ Organize a drawer

In the Laundry Room

- ☐ Start a load of laundry
- ☐ Fold a load of laundry
- ☐ Wash the floor

- ☐ Wipe down the outside of the washer and dryer
- ☐ Clear away clutter

In the Bathroom

- ☐ Wipe down the counter
- ☐ Clean the mirror
- ☐ Wipe down the toilet
- ☐ Gather up dirty laundry
- ☐ Disinfect high traffic areas
(facets, door knobs, toilet knob)
- ☐ Throw away empty bottles

- ☐ Take out the trash
- ☐ Wipe the baseboards
- ☐ Wash the walls
- ☐ Wash the floor
- ☐ Put the bathroom mats in the wash
- ☐ Put the shower curtain in the wash