

A tidy-enough day in ≤ 45 minutes.

DATE _____

Not deep clean. Not Pinterest. Just: surfaces clear, dishes not scary, one load running. Pick a zone, set a timer, go.

Kitchen 10 MIN

- Dishes → dishwasher OR soaking
- Wipe counters + stove
- Trash — if more than ¾ full
- One thing out of the sink
- Run dishwasher before bed

Living room 8 MIN

- Throw pillows / blankets reset
- Clear the coffee table
- Cups / bowls back to kitchen
- Quick floor pickup — no vacuum
- Remote + charger in their spot

Bedroom 5 MIN

- Bed — pulled up is enough
- Clothes: clean / dirty / chair
- Water glass → kitchen
- Nightstand — 3 items max

Bathroom 5 MIN

- Wipe the sink + faucet
- Swish the toilet bowl
- Hang the towel up
- Toss wrappers / empties

Entry / desk 5 MIN

- Shoes off the floor
- Mail — open or toss
- Keys + wallet → landing spot
- Desk: one clear square foot

Laundry loop 5 MIN ACTIVE

- Start one load
- Move wet → dryer
- Dry → basket (folding optional)
- Put ONE category away

BODY DOUBLE
who's cleaning with you
(video, call, or same room)

TIMER SET FOR

10 MIN 15 MIN 20 MIN 30 MIN

WHEN DONE

—

Stop. Sit down. Look at it. That counts.