

My Small Cleaning Routine

Choose one useful action. A timer is optional. Return without catch-up pressure.

Date: _____ Room or space: _____

Useful result

What space do I need to use next?

Starting action

Name one physical step, such as moving dishes to the sink.

My cue

A card, familiar event, reminder, or timer that helps me notice the job.

Clear finish

What will be usable, dry, put away, or safely closed?

Next small action

Write this only if more work is needed. It can wait for another session.

Weekly menu - choose one action, change the days as needed

Monday	Kitchen	_____
Tuesday	Bathrooms	_____
Wednesday	Bedrooms	_____
Thursday	Living areas	_____
Friday	Floors	_____
Saturday	Laundry	_____
Sunday	Review and reset	_____

Close the session: return tools, secure products, leave the area safe.

Handle urgent safety or food issues first. Follow product and surface instructions.

Never mix cleaners. Keep them secured in labeled original containers.

These household adaptations are not medical treatment for ADHD.