My Cleaning Effort Menu

Type into the fields or print and write. These are personal planning labels.

Rate movement AND attention. Include setup, finish steps, and put-away.

Choose a safe task that fits today. A short job can still need high effort.

LOW

Familiar steps, manageable movement, easy finish

MEDIUM

More movement, setup, or steps to track

HIGH

Demanding movement, decisions, or sustained attention

Today I choose:

What makes it a fit today?

Fillable Task Cards

Use one card per small job. Reuse digitally or print extra copies.

CARD 1

Task + area:

Body demand: Attention:

Supplies / setup:

Smaller safe version:

Finished + put away:

CARD 2

Task + area:

Body demand: Attention:

Supplies / setup:

Smaller safe version:

Finished + put away:

CARD 3

Task + area:

Body demand: Attention:

Supplies / setup:

Smaller safe version:

Finished + put away:

Follow care and product directions. Never shorten required finishing steps.