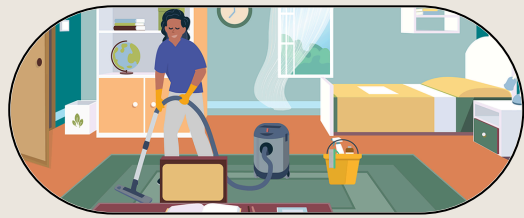


# ADHD CLEANING CHECKLIST



## KITCHEN & DINING AREA

- Clean countertops
- Wipe down cabinets and drawers
- Clean sink and faucet
- Stove: clean top, front, and inside
- Oven: clean inside and outside
- Microwave: clean inside and outside
- Refrigerator: clean outside and inside
- Dishwasher: clean outside and inside
- Sweep and mop floor

## LIVING ROOM

- Dust surfaces (tables, shelves, etc.)
- Vacuum or sweep floors
- Clean windowsills
- Dust blinds or curtains
- Dust light fixtures
- Clean baseboards
- Vacuum upholstery (sofas, chairs)
- Clean ceiling fans
- Fluff and arrange cushions

## MASTER BATHROOM

- Clean toilets (including bowl, seat and base)
- Scrub shower/tub (including tiles, grout, and showerhead)
- Clean sink and faucet
- Wipe down mirrors
- Clean light fixtures
- Clean counters, cabinets
- Sweep and mop floor
- Check exhaust fan
- Clean walls and baseboards
- Empty trash can
- Change towels

## MASTER BEDROOM

- Dust surfaces
- Vacuum or sweep floors
- Dust blinds or curtains
- Clean baseboards
- Make bed

## LAUNDRY 1/2

- Clean washer and dryer
- Vacuum or sweep floors
- Organize and straighten items

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# ADHD CLEANING CHECKLIST



## LAUNDRY 2/2

- Clean countertops
- Wipe down cabinets and drawers
- Clean sink and faucet
- Check and refill laundry supplies
- Empty trash can and replace the bag

## HOME OFFICE

- Dust surfaces (tables, shelves, etc.)
- Vacuum or sweep floors
- Clean windowsills
- Dust blinds or curtains
- Clean baseboards

## BATHROOM

- Clean toilets (including bowl, seat, and base)
- Scrub shower/tub (including tiles, grout, and showerhead)
- Clean sink and faucet
- Wipe down mirrors
- Sweep and mop floor

## MISCELLANEOUS

- Clean windows and window tracks
- Dust light fixtures
- Clean door knobs and switch plates
- Vacuum carpets and rugs
- Dust and clean electronics
- Dust decorative items

## FINAL CHECK

- Check all rooms for missed spots
- Ensure that all trash has been removed from the premises
- Confirm that all appliances and fixtures are in their original place



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