

Out With The Mess

In With The Clean!

BEFORE YOU START:

MAKE YOUR BED

GRAB YOUR LAUNDRY BASKET

TURN ON SOME MUSIC

GET TO WORK!

USE A TIMER AND SPEND AT LEAST 10 MINUTES ON EACH TASK. WHEN THE TIMER GOES OFF, MOVE ON WHETHER YOU'RE DONE OR NOT. COME BACK TO EACH STEP TO FINISH ONCE YOU'RE DONE WITH ALL THE TASKS.

BEDROOM

- PLACE ALL THE DIRTY LAUNDRY IN THE HAMPER.
- ARRANGE THE CLEAN CLOTHES IN THE BINS AND THE CLOSET.
- WIPE ALL THE FURNITURE.
- SWEEP AND VACUUM THE FLOORS.

KITCHEN

- EMPTY AND LOAD THE DISHWASHER.
- CLEAN THE SINK.
- WIPE ALL COUNTERTOPS.
- SWEEP AND VACUUM THE FLOORS.

LIVING ROOM

- TOSS ALL MISPLACED ITEMS IN THE BIN OR OTTOMAN.
- PUT TRASH IN THE TRASH BAG.
- WIPE AND ARRANGE ALL FURNITURE.
- SWEEP AND VACUUM THE FLOORS.

BATHROOM

- WIPE THE SINK AND THE MIRRORS.
- SWISH THE TOILET AND WIPE IT DOWN TO DISINFECT.
- PICK UP DIRTY CLOTHES AND PLACE IT IN THE HAMPER.
- SWEEP AND VACUUM THE FLOORS.

REPEAT. REPEAT. REPEAT.

REPEAT THE STEPS ABOVE PICKING UP WHERE YOU LEFT OFF UNTIL YOU ARE HAPPY WITH THE RESULTS.

IF YOU HAVE
MORE TIME..

- WIPE THE INSIDE OF THE MICROWAVE.
- ARRANGE ALL THE CLEAN TOWELS AND CLOTHES
- PLACE ALL MISPLACED ITEMS IN THEIR RESPECTIVE BINS AND BASKETS.
- TAKE THE TRASH OUTSIDE.