

FRIDAY CHECKLIST (LAUNDRY ROOM AND LAUNDRY FOCUS)

Yes/No	Description	Notes
<input type="checkbox"/>	Wash/Dry/Fold and put away all remaining laundry	
<input type="checkbox"/>	Clean your laundry area/ room	
<input type="checkbox"/>	demineralize the iron	
<input type="checkbox"/>	Vacuum all around your washer and dryer	
<input type="checkbox"/>	Organize cleaning supplies	
<input type="checkbox"/>	Clean and disinfect pet bowls and bedding	
<input type="checkbox"/>	Vacuum stair ways and second floor (if you have one)	
<input type="checkbox"/>		
<input type="checkbox"/>	make beds (Have kids over age 5 make their own)	
<input type="checkbox"/>	have kids put all toys away at nap time, lunch time, dinner time, and before bed.	
<input type="checkbox"/>	tidy main pathways of home. Throw away clutter.	
<input type="checkbox"/>	Wash/Dry/Fold and put away one load laundry	(at least one load. More if you are backed up. Soak and wash diapers too)
<input type="checkbox"/>	Wash/Dry/ put away dishes throughout the day	(do them immediately following meals)
<input type="checkbox"/>	Wash and prep baby bottles for the day	
<input type="checkbox"/>	Wipe down surfaces as you go throughout the day	(Countertops, tables, stovetops, spills)
<input type="checkbox"/>	Sweep or vacuum floors	
<input type="checkbox"/>	Swish the insides of all toilets. (clean with brush) and wipe seats/under seats	
<input type="checkbox"/>	Plan meals, prep meals	Is it food shopping day? Clean out the fridge first!
<input type="checkbox"/>	Tidy yourself and the children before spouse arrives home	
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