

WEDNESDAY CHECKLIST (KITCHEN FOCUS DAY)

Yes/No	Description	Notes	
<input type="checkbox"/>	Clean microwave oven inside and out		
<input type="checkbox"/>	Clean all small appliances		
<input type="checkbox"/>	Clean Stove Top and front		
<input type="checkbox"/>	Thoroughly Clean the refrigerator	take everything out. Deep clean.	
<input type="checkbox"/>	Clean front of dishwasher and inside rim of door		
<input type="checkbox"/>	Pull the refrigerator out. Vacuum behind and under.		
<input type="checkbox"/>	Wipe down kitchen walls and baseboards		
<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"/>	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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