

## 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"/>	Clean out/wipe out dish cupboards	
<input type="checkbox"/>	Clean front of dishwasher and inside rim of door	
<input type="checkbox"/>	Clean out the pots/pan cupboard and organize lids	
<input type="checkbox"/>		
<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"/>		
<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	
		<b>0</b>