

## 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                                                         | see how to link in the blog post!                                         |
| <input type="checkbox"/> | Clean front of dishwasher and inside rim of door                                          |                                                                           |
| <input type="checkbox"/> | Spot clean walls in kitchen (and scrub that backsplash!)                                  |                                                                           |
| <input type="checkbox"/> | Wash kitchen floor                                                                        |                                                                           |
| <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"/> | Spots and spills everywhere should be cleaned immediately. (Including the kitchen floor.) |                                                                           |
| <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>                                                                  |