

## WEDNESDAY CHECKLIST (KITCHEN FOCUS DAY)

Yes/No	Description	Notes
<input type="checkbox"/>	Clean up all clutter hanging around the kitchen	*don't throw it in the junk drawer.
<input type="checkbox"/>	Empty dishwasher, clean any food debris out of the bottom of it, wipe all around door and near door seal.	* anything caked up in detergent compartment? Clean it out. Replace rinse agent, if needed.
<input type="checkbox"/>	Wipe down Stove top, stove front, spills in refrigerator, refrigerator front, dishwasher front, inside of microwave, and microwave front	
<input type="checkbox"/>	wipe down all small appliances	
<input type="checkbox"/>	dust furniture, open shelving, decorative items, and light fixtures	
<input type="checkbox"/>	Disinfect and oil hardwood cutting boards	
<input type="checkbox"/>	Wipe down walls, doors (front, back, and top), baseboards, heaters, and cabinet faces	
<input type="checkbox"/>	wash kitchen floor	spills and spots should also be cleaned as you progress through the week.
<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"/>	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 and prep baby bottles for the day	
<input type="checkbox"/>	Wash/Dry/ put away dishes throughout the day	(do them immediately following meals)
<input type="checkbox"/>	Sweep or vacuum floors in main pathways of your home	
<input type="checkbox"/>	tidy main pathways of home. Throw away clutter.	
<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>