

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 | *If the refrigerator needs it, do a complete clean |
| <input type="checkbox"/> | wipe down all small appliances | |
| <input type="checkbox"/> | dust furniture, open shelving, decorative items, and light fixtures | |
| <input type="checkbox"/> | Spot clean walls and thoroughly wash backsplash areas | |
| <input type="checkbox"/> | Clean pan storage, plastic storage bowl storage, junk drawers, and under the sink | |
| <input type="checkbox"/> | If you have a home management pin board, clean it out today. Get rid of expired items. | |
| <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"/> | | |
| <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 | |
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