ADHD cleaning checklist

Pick any three. That's a good day.

Kitchen

- [ ] Wipe the counters — 2 min
- [ ] Load or unload the dishwasher — 5 min
- [ ] Rinse and wipe the sink — 2 min

Living room

- [ ] Clear the tables — 2 min
- [ ] Fold blankets, fluff cushions — 2 min
- [ ] Pick up toys and clutter — 5 min

Bathroom

- [ ] Wipe the sink and counter — 2 min
- [ ] Hang up towels — 1 min
- [ ] Clean the mirror — 2 min

Entrance

- [ ] Keys and bags to their spot — 2 min
- [ ] Line up the shoes — 2 min
- [ ] Sort the mail — 2 min

Bedroom

- [ ] Make the bed — 3 min
- [ ] Clothes into the hamper — 2 min
- [ ] Clear the nightstand — 2 min

Laundry

- [ ] Wash a load — 5 min
- [ ] Move it to the dryer — 2 min
- [ ] Fold and put away — 10 min