

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 ☐