alpacto

Cleaning Zones

One zone a week, fifteen minutes a day. When the timer rings, stop, even if you're not done.

Month _____ Time of day _____ Who's in _____

How it works

1. Find this week's zone and write the Monday date next to it.
2. Set a timer for 15 minutes and pick any task below, or one of your own.
3. When the timer rings, stop and write your initials under today.

Zone 1 · Entry, porch, and dining area

Week of _____

— Wipe the front door and handle
— Sweep the porch or doorstep
— Clear the dining table completely
— Dust chairs and light fixtures

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Zone 2 · Kitchen

Week of _____

— Wipe cabinet fronts and handles
— Clean out one fridge shelf
— Degrease the stovetop and knobs
— Clear one drawer or cupboard

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Zone 3 · Bathrooms and one extra room

Week of _____

— Scrub the grout in one corner
— Wipe the fan cover and light
— Sort the medicine cabinet
— Tidy surfaces in the extra room

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Zone 4 · Main bedroom and closet

Week of _____

— Vacuum under the bed
— Sort one closet shelf
— Dust the headboard and lamps
— Wash the pillows or duvet

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Zone 5 · Living room

Week of _____

— Vacuum under the sofa cushions
— Dust shelves and picture frames
— Wipe the TV screen and remotes
— Clear out old magazines and mail

Mon	Tue	Wed	Thu	Fri	Sat	Sun

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