

ADHD cleaning checklist, room by room

Date: _____

Pick one room. Do its minimum reset, then stop or keep going. The rest of the house can wait.

First, grab four containers

- ☐ trash bag ☐ laundry basket
- ☐ dish container ☐ "belongs elsewhere" basket

Bedroom: minimum reset

- ☐ Put obvious trash in the bag
- ☐ Move dishes into the dish container
- ☐ Put dirty clothes in the laundry basket
- ☐ Clear enough of the bed to sleep
- ☐ Make one clear path from door to bed

Kitchen: minimum reset

- ☐ Throw away packaging and rubbish
- ☐ Put dishes beside or inside the sink
- ☐ Clear one prep-sized patch of counter
- ☐ Put refrigerated food back in the fridge
- ☐ Wipe the cleared patch

Bathroom: minimum reset

- ☐ Put laundry and towels into one basket
- ☐ Throw away empty packaging
- ☐ Clear the sink edge
- ☐ Wipe the sink and tap
- ☐ Check toilet paper and soap are there

Living room: minimum reset

- ☐ Collect trash
- ☐ Move dishes to the kitchen container
- ☐ Put other rooms' items in the transfer basket
- ☐ Clear one seat
- ☐ Clear the main walking path

Entryway: minimum reset

- ☐ Remove anything blocking the door
- ☐ Put shoes in one row or container
- ☐ Hang coats or place them together
- ☐ Collect mail into one inbox
- ☐ Remove trash and packaging

Stop without a new pile

Tie the trash bag by the exit · dish container by the sink · laundry by the machine · park the transfer basket somewhere on purpose.