

My flexible seven-day cleaning schedule

Week of: _____

Choose one minimum reset for each day. Move it, shrink it, or skip it without creating debt.

Monday	Room or zone: _____ ☐ 2 min ☐ 5 min ☐ 10 min ☐ moved/rested	Minimum reset: _____
Tuesday	Room or zone: _____ ☐ 2 min ☐ 5 min ☐ 10 min ☐ moved/rested	Minimum reset: _____
Wednesday	Room or zone: _____ ☐ 2 min ☐ 5 min ☐ 10 min ☐ moved/rested	Minimum reset: _____
Thursday	Room or zone: _____ ☐ 2 min ☐ 5 min ☐ 10 min ☐ moved/rested	Minimum reset: _____
Friday	Room or zone: _____ ☐ 2 min ☐ 5 min ☐ 10 min ☐ moved/rested	Minimum reset: _____
Saturday	Room or zone: _____ ☐ 2 min ☐ 5 min ☐ 10 min ☐ moved/rested	Minimum reset: _____
Sunday	Room or zone: _____ ☐ 2 min ☐ 5 min ☐ 10 min ☐ moved/rested	Minimum reset: _____

If the plan feels too big

Choose one: ☐ remove one piece of trash ☐ clear one seat ☐ move one dish