

ADHD Cleaning Planner

One room per day, 3 tasks max. No decisions required.

TODAY'S DOT: Let's start with this one.

MON — Kitchen.

- Wipe down one counter ~2 min
- Take out kitchen trash ~2 min
- Load or unload dishwasher (top rack only) ~3 min

TUE — Bathroom.

- Replace toilet paper roll ~1 min
- Wipe mirror with glass cleaner ~2 min
- Wipe bathroom counter and sink ~2 min

WED — Bedroom.

- Make the bed (pull up covers — good enough) ~2 min
- Clear nightstand surface ~2 min
- Put 5 items of clothing away ~3 min

THU — Living Room.

- Fluff and arrange couch pillows ~1 min
- Fold one blanket ~1 min
- Put remotes in one spot ~1 min

FRI — Office / Desk.

- Clear desk surface (put items in one pile) ~2 min
- Throw away desk trash and sticky notes ~2 min
- Wipe down monitor and keyboard ~3 min

SAT — Laundry.

- Start one load of laundry ~2 min
- Move laundry from washer to dryer ~2 min
- Check pockets before washing ~2 min

SUN — Entryway / Hallway.

- Wipe door handles ~1 min
- Shake out doormat ~1 min
- Put shoes on shoe rack or in closet ~2 min

This Week's Dots



Dots don't expire.

Stop after 3 dots. Whatever you did was enough.

