EVERY DAY

Daily 15-minute reset

- [ ] Clear one surface (just one)
- [ ] Load or empty the dishwasher
- [ ] Wipe the kitchen worktops
- [ ] Put a wash on, or move it along
- [ ] Five-minute pick-up in the main room
- [ ] Take out anything that is full
- [ ] Set out tomorrow's things

TICK THE DAYS YOU DID IT

	MON	TUE	WED	THU	FRI	SAT	SUN
Reset done							

PICK ONE. THAT COUNTS.

Low-energy day list

- [ ] Open a window
- [ ] Put dishes in the sink with water
- [ ] Bin anything that is rubbish in one room
- [ ] Wipe the bathroom sink with a wipe
- [ ] Put clothes in the basket
- [ ] Fill a water bottle
- [ ] Set a 5-minute timer and stop when it rings
- [ ] Ask someone to keep you company while you tidy