

DO THESE JOBS ON A MONDAY!



CLEAN THE BEDROOMS

- Clear away clothes
- Vacuum
- Dust
- Clear a clutter hot spot
- Change bedding

EXTRA JOB

- Feather dust all skirting boards. Grab a feather duster and run around dusting the skirting boards, above the doors and dust the fronts and backs of the blinds . 15 minutes maximum!

CHOOSE A JOB FROM THE LUCKY DIP

LUCKY DIP JOBS!

PICK ONE JOB FROM THIS LIST TO DO EACH DAY!

- HOOVER UNDER FURNITURE AND BEDS
- WASH ALL PET BEDDING
- DECLUTTER A DRAWER OR CUPBOARD
- HOOVER UNDER BEDS
- DO 30 MINUTES OF IRONING
- FILE ALL PAPERWORK AND UPDATE DIARY
- PLAN YOUR MEALS FOR THE WEEK

YOU CAN CHOOSE TO DO THESE JOBS AT THE
WEEKEND IF YOU PREFER!

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DO THESE JOBS ON A TUESDAY

CLEAN THE BATHROOM

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- Clean shower/bath
- Clean toilet
- Clean sink
- Sweep and mop floor
- Mop and buff tiles
- Empty and sanitise bin
- change the towels and wash bath mat

EXTRA JOB

- Grab a soapy cloth and disinfect all the woodwork in the house, go as fast as you can! 20 minutes maximum!

CHOOSE ONE JOB FROM THE LUCKY DIP

DO THESE JOBS ON A WEDNESDAY

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CLEAN THE DINING ROOM AND HALL

- Tidy up
- Disinfect table and placemats
- Clear a clutter hot spot
- Sweep and mop floor.
- Dust lampshades
- Dust chairs and surfaces
- Put away all coats and shoes

EXTRA JOB

- Grab a damp cloth and disinfect all light switches and door handles in the house. 10 minutes maximum!

CHOOSE ONE JOB FROM THE LUCKY DIP

DO THESE JOBS ON A THURSDAY

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CLEAN THE KITCHEN

- Clean and polish the sink
- Disinfect all surfaces and tiles and splash back
- Clear a clutter hot spot
- Sweep and mop floor.
- Clean inside fridge
- Clean inside microwave
- Clean inside oven

EXTRA JOB

- Grab a glass cloth and glass cleaner and clean all windows and mirrors in the house. 10 minutes maximum!

CHOOSE ONE JOB FROM THE LUCKY DIP

DO THESE JOBS ON A FRIDAY

CLEAN THE LOUNGE, STAIRS AND LANDING

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- Tidy up
- Dust all surfaces
- Clear a clutter hot spot
- Vacuum
- Clean under couch cushions
- Wash throws

EXTRA JOB

- Change all the beds and wash the bath mat. 10 minutes maximum!
Do 15 minutes of ironing

CHOOSE ONE JOB FROM THE LUCKY DIP