



= as much as you can in 30 minutes

**\* WEEK 1 \***

**Monday: LIVING ROOM**



- ✓ Clean and polish windows and mirrors
- ✓ Dust skirting boards
- ✓ Tidy away everything doesn't belong
- ✓ Wash throws and pet bedding
- ✓ Hoover under the furniture
- ✓ If you have hard floors, mop the floors
- ✓ Hoover under the sofa cushions
- ✓ Give everything a really good dust

**Tuesday: BEDROOMS**



- ✓ Hoover all bedrooms
- ✓ Dust all bedrooms
- ✓ Tidy away anything that doesn't belong
- ✓ Quick mine sweep under beds
- ✓ Change bedding

**Wednesday: ENTRANCE HALL & STAIRS**



- ✓ Tidy away anything that doesn't belong
- ✓ Hoover stairs
- ✓ Hoover under furniture
- ✓ Clean windows and mirrors
- ✓ Dust everything, including the skirting boards

**Thursday: KITCHEN**



- ✓ Clean inside of the microwave
- ✓ Mop floor
- ✓ Clean cooker top
- ✓ Empty crumbs out of the toaster
- ✓ Clean the splash-back behind hob
- ✓ Wipe down cupboard fronts
- ✓ Clean windows
- ✓ Dust blinds
- ✓ Give the sink a really good scrub
- ✓ Clean out the fridge
- ✓ Wipe down all working surfaces,
- ✓ Clean out cutlery drawer

**Friday: FOCUS >>> KIDS' BEDROOMS**



- ✓ Go through wardrobes and underwear drawers and get rid of anything that no longer fits
- ✓ Hoover under beds and under the furniture
- ✓ Flip mattresses
- ✓ Dust everything including skirting boards
- ✓ Clean windows and mirrors
- ✓ Go through toys and toss out any broken ones.
- ✓ Straighten shelves and bookcases