

*Ready. Set. Clean.*

- Make Bed
- Do Dishes
- Clean Kitchen
- Clean Bathroom
- Tidy Tote Pick Up
- Surfaces
- Spot Mop
- Laundry

*Dirty*  
**30**



# speed cleaning

Set your timer for 10 minutes for each area. Move onto the next area when timer is done, even if you are not!

## Kitchen

- Empty/Load Dishwasher
- Clean Sink
- Wipe Counters
- Spot Sweep/  
Mop Floors

10

## Min Tidy

Grab your tidy tote and pick up as much clutter as possible from livingroom and entrance way

## Bathroom

- Clear Counter
- Wipe Sink & Counter
- Clean toilet
- Spot Clean Mirrors

Didn't get it all done? No problem! Reset timer and start again, starting where you left off.

# Dirty 30

Motivated for more?

- Empty Tidy Tote
- Wipe Appliances and Cupboard Doors
- Hang Clean Towels

