



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

