Clean one room in passes

Pick up one kind of thing per pass and ignore everything else, even the shirt you're standing on. The order is therapist KC Davis's five things tidying method. Stop when the room works, even if it isn't pretty yet.

Room _____ Date _____ Timer: 25 min, or ___

Before you start · 3 min

- [ ] Trash bag, laundry basket, and one empty box by the door
- [ ] Cleaning-only podcast or playlist on
- [ ] Timer set (you may stop when it rings)
- [ ] Blinds open

The passes · stay in the room

1 Trash only [ ]
Wrappers, receipts, bottles, boxes. Grabbed a shirt by accident? Put it back. Don't take the bag out yet.

2 Dishes only [ ]
Every mug, plate and fork into a basket. Don't wash anything yet.

3 Laundry only [ ]
Everything fabric into the hamper. On the floor means dirty. No sniff tests.

4 Things that live in this room [ ]
Put them away. Anything that lives in another room goes in the door box.

5 Things with no home [ ]
Into one bag, today's date on it, out of the walkway.

Date on the bag _____ Go through it by _____

Then deliver, and stop

- [ ] Trash out
- [ ] Dishes to the sink
- [ ] Laundry in (or by the door)
- [ ] Door box emptied in one trip, no fixing

Time left on the timer? Surfaces, then the floor. Otherwise you're done.

Done looks like

Write it first

"Floor clear, bed made, mugs gone." Stop when it's true.

Only 15 minutes?

Make it look clean

- [ ] **Bed first.** Duvet straight, two pillows on top.
- [ ] **Floor in one sweep.** Fabric to the hamper, the rest in one box.
- [ ] **Trash and mugs out** in one trip.
- [ ] **Wipe one surface,** the one people see from the door.
- [ ] **Box in the closet** with today's date. Sort it tomorrow.

Drifted off?

Come back to the pass

The pass you're on is your anchor (that's junebugging). Put the book down and go back to laundry.

Race one song

Things bagged

Today _____ Last time _____

Keeps landing here

Needs a home

Same kind of thing in the dated bag every week? Give it a spot in this room.

Weekly cleaning plan, about 10 minutes a day

Keep the daily part tiny and tie it to something you already do. If you miss a day, skip it and do today's. Don't do two to catch up. This schedule is our suggestion, and nobody has tested it.

Every day · about 10 minutes

The reset

one tick per day

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Trash pass + laundry pass, worst room	☐	☐	☐	☐	☐	☐	☐
Dishes to the sink before bed	☐	☐	☐	☐	☐	☐	☐

After I _____, I do the reset.

Twice a week

One zone each

pick the days now, with a time

Day	Time	Zone	Day	Time	Zone

Zones: kitchen enough to eat, the bed, bathroom basics, the walkways, or one room's five passes.

Once a week · and once a month

The slow stuff

four weeks

	Week 1	Week 2	Week 3	Week 4
Change the sheets	☐	☐	☐	☐
Open the dated bag	☐	☐	☐	☐
Donate bag out of the house	☐	☐	☐	☐

Monthly 15-minute declutter, one category: _____ Done on _____

Deep clean · one room per session

When livable isn't enough

spread it over a week or two

☐	**Kitchen**	Toss expired food, then the fridge inside, microwave, stovetop and oven door, cabinet handles, sink and drain, floor along the baseboards.	date
☐	**Bathroom**	Spray shower, tub, sink and toilet. Dust the light and mirror top while they sit. Scrub, rinse, wash the bath mat, swap towels.	date
☐	**Bedroom**	Strip the bed and start the wash first. Dust top down, vacuum under the bed, wipe the light switch and door handle.	date
☐	**Living room**	Dust shelves and TV, vacuum the sofa (under the cushions too), wipe the remote, then vacuum and mop.	date
☐	**Whole house**	Once: door frames, baseboards, light switches, and the trash cans themselves.	date

Top to bottom, dry to wet.
Dust, wipe, vacuum, then mop.

Spray, then leave.
Keep it wet for the label's contact time. Go dust something.

Never mix cleaners.
Bleach plus ammonia or vinegar makes toxic gas.