

# SPEED CLEANING CHECKLIST

BEFORE YOU START, MAKE SURE YOU HAVE:

your bed made   you're dressed   a laundry basket   music + a timer

GET TO WORK:

using a timer, spend only TEN minutes on each task  
when the timer goes off, move on whether you're done or not  
you'll come back to finish the step you didn't get done earlier

## KITCHEN

empty + load  
dishwasher

clean sink

wipe counters

wipe down all  
appliances  
(outsides only)

## LIVING ROOM

toss items that don't  
belong in LR into the  
laundry basket

put trash in trash bag

straighten furniture

wipe/dust all hard  
surfaces

## BATHROOM

wipe down sink

wipe down mirrors

pick up dirty  
clothes

wipe down toilet

spray air freshener

TAKE A BREAK + THEN REPEAT:

set your timer again for TEN minutes, grab a snack and take a seat  
when the timer goes off, it's time to get back into work mode  
repeat the above steps, picking up where you left off  
repeat until you are happy with the results  
(this may be in 1 ten min. rotation, or take 2-3 rotations)

## AND IF THERE'S TIME

wipe out inside of microwave

hang clean towels in the bathroom

put the items you've placed in the laundry basket away

take the trash outside

vacuum, sweep, and mop the floors