

ADHD CLEANING TRACKER – WEEKLY LAYOUT

Easy to print • Black & white • Checkboxes only

DAILY TASKS (7-DAY CHECK)

(Check off what you do — partial counts)

| Task ↓ / Day → | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Dishes reset | <input type="checkbox"/> |
| Kitchen counter wipe | <input type="checkbox"/> |
| Quick floor pickup | <input type="checkbox"/> |
| Trash check | <input type="checkbox"/> |
| Make bed / straighten | <input type="checkbox"/> |
| Bonus task | <input type="checkbox"/> |

WEEKLY TASKS (DO WHAT YOU CAN)

Vacuum or sweep Mop main area Clean bathroom surfaces Laundry (wash OR dry counts) Change sheets Dust surfaces Fridge quick check

Weekly focus: _____

SEASONAL / QUARTERLY TASKS

(Do once during the season — not weekly)

Closet clean-out Donate unused items Deep clean appliances Wash curtains Rotate seasonal clothes Storage / garage reset Replace filters / check alarms

NOTES / BRAIN DUMP
