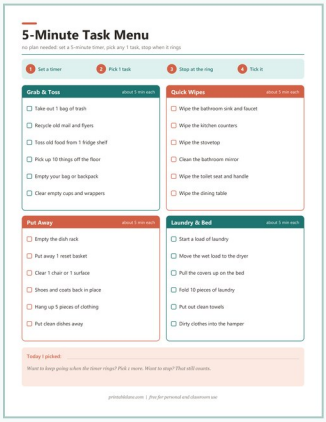
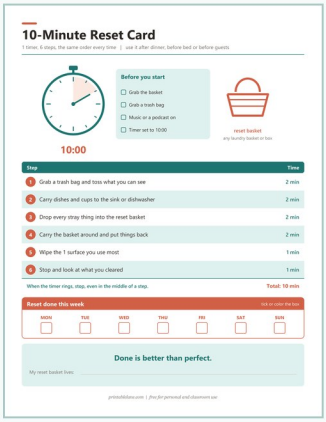
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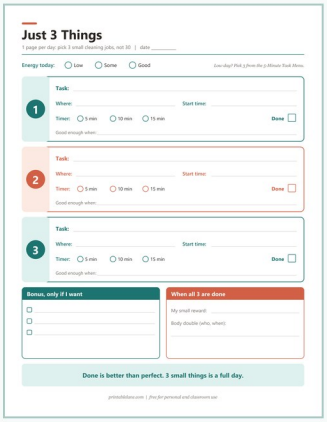
ADHD Cleaning Schedule & Planner

8 printable pages | short tasks, picture checklists, timers & rewards



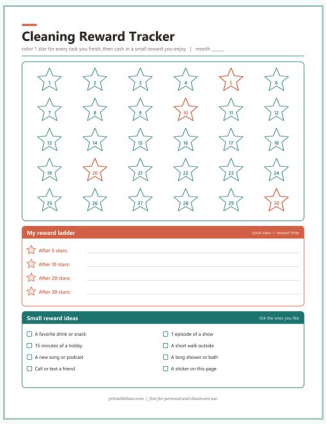














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5-Minute Task Menu

no plan needed: set a 5-minute timer, pick any 1 task, stop when it rings

1. Set a timer
2. Pick 1 task
3. Stop at the ring
4. Tick it

Grab & Toss

about 5 min each

- [ ] Take out 1 bag of trash
- [ ] Recycle old mail and flyers
- [ ] Toss old food from 1 fridge shelf
- [ ] Pick up 10 things off the floor
- [ ] Empty your bag or backpack
- [ ] Clear empty cups and wrappers

Quick Wipes

about 5 min each

- [ ] Wipe the bathroom sink and faucet
- [ ] Wipe the kitchen counters
- [ ] Wipe the stovetop
- [ ] Clean the bathroom mirror
- [ ] Wipe the toilet seat and handle
- [ ] Wipe the dining table

Put Away

about 5 min each

- [ ] Empty the dish rack
- [ ] Put away 1 reset basket
- [ ] Clear 1 chair or 1 surface
- [ ] Shoes and coats back in place
- [ ] Hang up 5 pieces of clothing
- [ ] Put clean dishes away

Laundry & Bed

about 5 min each

- [ ] Start a load of laundry
- [ ] Move the wet load to the dryer
- [ ] Pull the covers up on the bed
- [ ] Fold 10 pieces of laundry
- [ ] Put out clean towels
- [ ] Dirty clothes into the hamper

Today I picked: _____

Want to keep going when the timer rings? Pick 1 more. Want to stop? That still counts.

Room-by-Room Picture Checklist

find the picture, do 1 room at a time, tick what you finish and leave the rest for another day

Kitchen

- [ ] Dishes in the dishwasher or sink
- [ ] Wipe the counters
- [ ] Wipe the stovetop
- [ ] Take out the trash
- [ ] Sweep the floor

Bathroom

- [ ] Wipe the sink and mirror
- [ ] Clean the toilet
- [ ] Hang up the towels
- [ ] Wipe the tub or shower
- [ ] Empty the trash can

Bedroom

- [ ] Pull the covers up
- [ ] Clothes in the hamper
- [ ] Clear the nightstand
- [ ] Put away clean clothes
- [ ] Cups and plates to the kitchen

Living Room

- [ ] Stray things into a reset basket
- [ ] Fold the blankets
- [ ] Clear the coffee table
- [ ] Dust 1 surface
- [ ] Vacuum the main walkway

Laundry

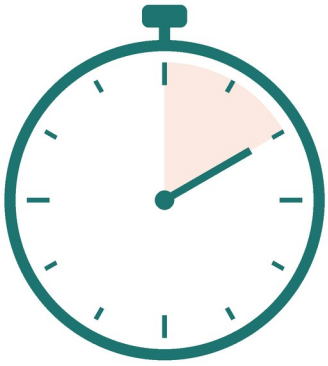
- [ ] Start 1 load
- [ ] Move it to the dryer
- [ ] Fold or hang it
- [ ] Put it all away
- [ ] Clean the dryer lint screen

Entry

- [ ] Shoes on the mat or rack
- [ ] Hang up coats and bags
- [ ] Sort the mail
- [ ] Keys in 1 spot
- [ ] Shake out the doormat

10-Minute Reset Card

1 timer, 6 steps, the same order every time | use it after dinner, before bed or before guests



10:00

Before you start

- [ ] Grab the basket
- [ ] Grab a trash bag
- [ ] Music or a podcast on
- [ ] Timer set to 10:00



reset basket
any laundry basket or box

Step	Time
1 Grab a trash bag and toss what you can see	2 min
2 Carry dishes and cups to the sink or dishwasher	2 min
3 Drop every stray thing into the reset basket	2 min
4 Carry the basket around and put things back	2 min
5 Wipe the 1 surface you use most	1 min
6 Stop and look at what you cleared	1 min

When the timer rings, stop, even in the middle of a step.

Total: 10 min

Reset done this week

tick or color the box

MON	TUE	WED	THU	FRI	SAT	SUN
☐	☐	☐	☐	☐	☐	☐

Done is better than perfect.

My reset basket lives: _____

Just 3 Things

1 page per day: pick 3 small cleaning jobs, not 30 | date _____

Energy today: ◯ Low ◯ Some ◯ Good

Low day? Pick 3 from the 5-Minute Task Menu.

1

Task: _____

Where: _____ **Start time:** _____

Timer: ◯ 5 min ◯ 10 min ◯ 15 min **Done** ☐

Good enough when: _____

2

Task: _____

Where: _____ **Start time:** _____

Timer: ◯ 5 min ◯ 10 min ◯ 15 min **Done** ☐

Good enough when: _____

3

Task: _____

Where: _____ **Start time:** _____

Timer: ◯ 5 min ◯ 10 min ◯ 15 min **Done** ☐

Good enough when: _____

Bonus, only if I want

- ☐ _____
- ☐ _____
- ☐ _____

When all 3 are done

My small reward: _____

Body double (who, when):

_____

Done is better than perfect. 3 small things is a full day.

Weekly 1-Zone Plan

1 zone a day, about 10 to 15 minutes, 3 jobs at most | week of _____

MONDAY
10–15 min



Kitchen

Done ☐

- ☐ Clear and wipe the counters
- ☐ Wipe the fridge front and handles
- ☐ Toss old food from 1 shelf

TUESDAY
10–15 min



Bathroom

Done ☐

- ☐ Clean the toilet
- ☐ Wipe the sink, faucet and mirror
- ☐ Swap in clean towels

WEDNESDAY
10–15 min



Living Room

Done ☐

- ☐ Reset basket round: things back home
- ☐ Clear the coffee table
- ☐ Vacuum the main walkway

THURSDAY
10–15 min



Bedroom

Done ☐

- ☐ Clothes in the hamper or put away
- ☐ Clear the nightstand
- ☐ Change the pillowcases

FRIDAY
10–15 min



Entry & Paper Pile

Done ☐

- ☐ Shoes and coats in place
- ☐ Sort the mail: toss, file, act
- ☐ Shake out the doormat

SATURDAY
10–15 min



Laundry

Done ☐

- ☐ Wash 1 load
- ☐ Dry it or hang it
- ☐ Put it away before starting another

SUNDAY
rest day



Rest + Plan

Done ☐

- ☐ No zone today: rest counts
- ☐ Fill in Monday's Just 3 Things
- ☐ Pick this week's small reward

Missed a day? Skip it. No catching up: the zone comes back next week.

Brain Dump to Cleaning List

empty your head first, sort second, then start with only 1 quick job

Step 1: Brain dump

every job you can think of, any order

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Step 2: Sort it

copy each job into 1 box

Quick	Medium	Big	Let go
5 min or less	about 15 min	needs a plan	or ask for help

Step 3: Start now

My 1 quick job: _____ Timer set ☐

Big jobs: break each one into 5-minute steps before you start it.

Cleaning Reward Tracker

color 1 star for every task you finish, then cash in a small reward you enjoy | month _____



My reward ladder

coral stars = reward time

- After 5 stars: _____
- After 10 stars: _____
- After 20 stars: _____
- After 30 stars: _____

Small reward ideas

tick the ones you like

- [ ] A favorite drink or snack
- [ ] 15 minutes of a hobby
- [ ] A new song or podcast
- [ ] Call or text a friend
- [ ] 1 episode of a show
- [ ] A short walk outside
- [ ] A long shower or bath
- [ ] A sticker on this page

When I'm Overwhelmed

a step card for messy days: follow it in order and stop whenever you need to

1

Pause and take 3 slow breaths.

You do not have to fix the whole home today.

2

Pick 1 small area.

1 counter, 1 corner or the floor around 1 chair.

3

Set a timer for 5 minutes.

A short, clear end makes it easier to begin.

4

Trash first.

Grab a bag and toss only the things that are clearly trash.

5

Dishes next.

Carry cups and plates to the kitchen. Washing can wait.

6

Everything else into the reset basket.

Sort it later, on a better day.

7

Stop when the timer rings.

Look at the cleared spot. That counts.

Ask a body double

Someone who stays with me,
in the room or on a call:

_____

_____

After the timer

- [ ] Stop here, that is okay
- [ ] Or 5 more minutes
- [ ] Small reward on page 8