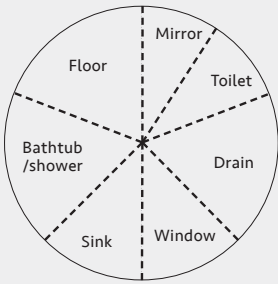


Cleaning Cycle - DIVIDE YOUR CLEANING INTO SMALLER CHUNKS

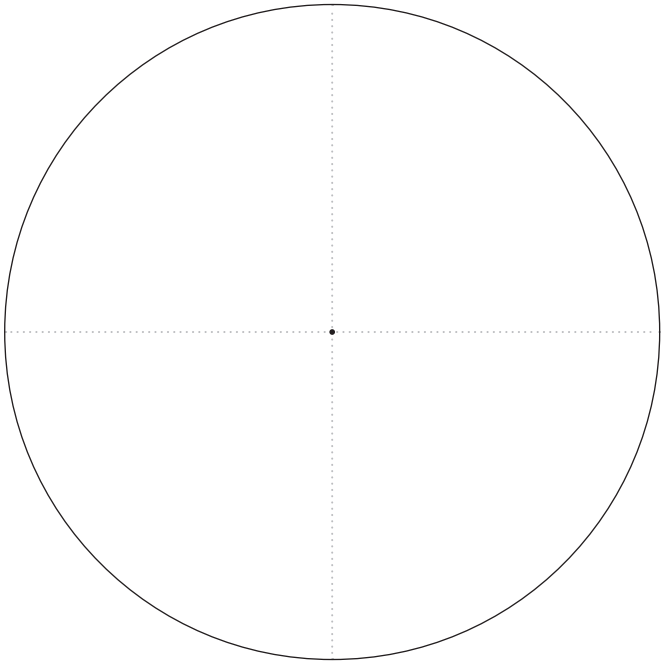
- 1. Write down** the area you want to clean, e.g. the bathroom. If you're cleaning your entire home, we suggest you use several cleaning cycles, preferably one for each room in the house.
- 2. Identify** what needs to be done and add a time estimate for each of these tasks.
- 3. Divide the cycle** according to the cleaning tasks you've just identified, allowing a bigger section for things that require more time, and a smaller section for those that require less.
- 4. Get started** with one of the sections. Once completed, check it off your list and color the corresponding section in the chart.



You don't need to finish the entire cleaning cycle in one go. The point is to make your cleaning manageable, to help you prioritize, and to allow yourself to enjoy what you've actually achieved!

AREA TO CLEAN: _____

☐		Est. time:
☐		Est. time:
☐		Est. time:
☐		Est. time:
☐		Est. time:
☐		Est. time:
☐		Est. time:
☐		Est. time:
		Total time:



AREA TO CLEAN: _____

☐		Est. time:
☐		Est. time:
☐		Est. time:
☐		Est. time:
☐		Est. time:
☐		Est. time:
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☐		Est. time:
		Total time:

