

ADHD Bedroom Cleaning Checklist

DAILY TASKS

- Make the bed
- Put dirty clothes in hamper
- Clear out dirty cups and dishes
- Put clean clothes away
- Put objects back in their proper places

WEEKLY TASKS

- Wash the sheets
- Vacuum or sweep the floor
- Empty trash can
- Dust furniture and appliances
- Clean mirrors
- Sanitize light switches and door handles

MONTHLY TASKS

- Dust walls and baseboards
- Dust ceiling fan
- Dust air vents
- Clean bed pillows

QUARTERLY TASKS

- Get rid of old clothes
- Wash windows
- Wash comforters, mattress pads, and blankets
- Dust/clean curtains
- Shampoo carpets
- Clean under the bed/furniture