FREE PRINTABLE

The 7-Day Home Reset

One small job a day, 20 minutes or less. Tick each box as you go — if you miss a day, just pick up where you left off.

DAY 1 Entryway

- [ ] Clear shoes and bags off the floor
- [ ] Free up one hook per person
- [ ] Add a tray or bowl for keys
- [ ] Sort the mail pile: recycle, act, file
- [ ] Wipe the door handle and light switch

DAY 2 Kitchen

- [ ] Clear everything off the counters that doesn't live there
- [ ] Toss expired food from the fridge
- [ ] Wipe counters and the stovetop
- [ ] Empty the dishwasher
- [ ] Take out the trash and recycling

DAY 3 Bathroom

- [ ] Clear the counter into a drawer or basket
- [ ] Toss empty and expired products
- [ ] Clean the sink, mirror and toilet
- [ ] Hang fresh towels
- [ ] Put a spare toilet roll where it's easy to see

DAY 4 Living room

- [ ] Clear the coffee table
- [ ] Walk a basket round and collect stray items
- [ ] Fold blankets, straighten cushions
- [ ] Dust the surfaces you can see
- [ ] Vacuum the main paths

DAY 5 Bedroom

- [ ] Wash the sheets and make the bed
- [ ] Clear the nightstand
- [ ] Put away the "clothes chair"
- [ ] Fill a donate bag with 5 items
- [ ] Open the window for 10 minutes

DAY 6 Paper & piles

- [ ] Sort any remaining paper piles
- [ ] Clear out one junk drawer
- [ ] Choose one spot where mail always goes
- [ ] Recycle old catalogs and flyers
- [ ] Drop the donate bag in the car

DAY 7 Walk-through

- [ ] Do a 2-minute check of each room
- [ ] Pick your weekly cleaning days
- [ ] Plan meals for the week ahead
- [ ] Set a nightly 10-minute reset reminder
- [ ] Notice how much calmer it feels

Set a 20-minute timer each day and stop when it rings. Done is better than perfect.

HABIT TRACKER

Keep the calm going

Three tiny habits keep your reset from undoing itself. Fill in a circle each day you do them.

DAILY HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
Make the bed	○	○	○	○	○	○	○
Dishes done before bed	○	○	○	○	○	○	○
10-minute evening reset	○	○	○	○	○	○	○

My hotspots & notes

Next step: try the weekly cleaning schedule at neatlykepthome.pages.dev/weekly-cleaning-schedule — one 15-minute job a day keeps the whole house clean.