

CLEANING ROTA

NEXSTEPS - INDEPENDENT LIVING SKILLS

Practical tools for real life

A LITTLE OFTEN BEATS A BIG MESS.

Choose realistic jobs and spread them through the week. Tick them when they are done.

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wash dishes / wipe kitchen							
Bins / recycling							
Bathroom							
Vacuum / sweep							
Laundry							
Bedding							
Tidy living space							
Other							

10-MINUTE RESET

Set a 10-minute timer. Put rubbish away, clear one surface, wash up what you can and put five things back where they belong.

The job I find hardest / need help with:
