

ADHD Cleaning Checklist for Adults

How to Use This Checklist

- Pick 1–3 tasks only
- Choose based on energy, not urgency
- Skip anything that feels like too much
- Stop whenever you need to

This checklist exists to help you start, not to make you finish.

Bare-Minimum Reset (Low-Energy Days)

- ☐ Throw away obvious trash
- ☐ Put dishes in sink or dishwasher
- ☐ Clear one small surface
- ☐ Put laundry in one pile or basket
- ☐ Take out trash or tie the bag closed
- ☐ Open a window or change the air
- ☐ Sit down and rest

Daily Reset Tasks

(Choose 1–5 — not all.)

- ☐ Make bed or straighten blankets
- ☐ Put dishes in sink/dishwasher
- ☐ Wipe one counter or table
- ☐ Reset one room (5–10 minutes max)
- ☐ Put items back into “home zones”
- ☐ Take out trash if full
- ☐ Do one load of laundry (any stage)

Weekly Maintenance Tasks

(These do not need to happen on the same day.)

- ☐ Clean bathroom sink
- ☐ Clean toilet
- ☐ Wipe bathroom mirror
- ☐ Change towels
- ☐ Vacuum or sweep one area
- ☐ Empty fridge of old food
- ☐ Take out recycling
- ☐ Put laundry away (even partially)

Kitchen Reset Checklist

- ☐ Put dishes in sink/dishwasher
- ☐ Run dishwasher (or soak dishes)
- ☐ Wipe counters
- ☐ Clear stovetop
- ☐ Take out trash
- ☐ Quick fridge scan (throw away obvious items)

Bathroom Reset Checklist

- ☐ Clear sink surface
- ☐ Wipe sink
- ☐ Clean toilet bowl or seat
- ☐ Replace towel
- ☐ Throw away empty bottles or trash

Living Areas Reset Checklist

- ☐ Pick up items that don't belong
- ☐ Return items to their "home"
- ☐ Clear one surface
- ☐ Vacuum or sweep one visible area
- ☐ Fluff pillows / straighten blankets

Bedroom Reset Checklist

- ☐ Make or straighten bed
- ☐ Put clothes in hamper or one pile
- ☐ Clear nightstand
- ☐ Put away 3–5 items
- ☐ Take dishes to kitchen

Laundry Support (No Perfection Required)

- ☐ Gather laundry into one place
- ☐ Start one load
- ☐ Move laundry to dryer
- ☐ Fold some clothes
- ☐ Put away some clothes