

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