TIDYWELL · FREE PRINTABLE

Sunday reset checklist

About 45 minutes

Get things going

About 5 minutes

- [ ] Put a load of washing on ~2 min
- [ ] Start the dishwasher, or fill the sink to soak ~3 min

Clear the decks

About 15 minutes

- [ ] Walk round with a basket: everything out of place goes in ~5 min
- [ ] Empty the basket back to the right rooms ~5 min
- [ ] Take the bins and recycling out ~3 min
- [ ] Swap the towels for fresh ones ~2 min

Quick clean

About 15 minutes

- [ ] Wipe the kitchen counters, hob and table ~4 min
- [ ] Quick wipe of the bathroom sink and toilet ~4 min
- [ ] Ten-minute floor run: vacuum the busiest areas ~7 min

Set up the week

About 10 minutes

- [ ] Check the calendar for the week ahead ~3 min
- [ ] Decide three dinners and write the shopping list ~4 min
- [ ] Hang up the washing or move it to the dryer ~3 min
- [ ] Put Monday's bags, keys and kit by the door

How to make it stick

- Stop at 45 minutes even if the list isn't finished. The reset is meant to be light.
- Music or a podcast helps. So does doing it with someone else in the house at the same time.
- If Sunday never works, a Thursday evening reset does the same job.

Free from **tidywell-app.com**

Rather not print it? **Tidywell** is a free chore app for iPhone and Android.