

CLEAN OUT CHALLENGE

28 quick daily tasks to get a whole lot of junk out of your house.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Clean out the refrigerator	2 Clean out the freezer	3 Clean out the pantry	4 Clean out food storage containers, water bottles, coffee cups	5 Clean out under the kitchen sink	6 Clean out some kitchen cabinets	7 Clean out your wallet & purse
8 Clean out the showers & tubs	9 Clean out your cosmetics, toiletries	10 Clean out the medicine cabinet	11 Clean out under a bathroom sink	12 Clean out the kitchen linens (towels, rags)	13 Clean out the linen closet (towels, bed sheets)	14 Clean out the device cables, chargers, cords
15 Clean out the laundry area	16 Clean out the cleaning supplies	17 Clean out the junk drawer	18 Clean out the kitchen utensils	19 Clean out the coat closet	20 Clean out the winter gear (gloves, hats, boots, pants)	21 Clean out your phone: apps, photos, videos
22 Clean out the board games	23 Clean out the crafts, office supplies	24 Clean out the books, magazines	25 Clean out your night stands	26 Clean out the movies, video games, CDs	27 Clean out a bookshelf or china cabinet	28 Clean out your computer

EXTRA CLEAN OUT PROJECTS: Do these tasks if time and energy allows.

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