

FRIDAY FOCUS CHECKLIST

30 mins only!

Week 1: KIDS' ROOMS

- ✓ Cull clothes that no longer fit
- ✓ Flip mattress
- ✓ Hoover under bed/furniture
- ✓ Dust skirting boards
- ✓ Do a quick toy cull
- ✓ Clean windows/mirrors
- ✓ Straighten shelves/bookcases

Week 2: LIVING ROOM

- ✓ Shampoo rugs
- ✓ Clean cushion covers
- ✓ Clean sofa covers if they are removable
- ✓ Dust skirting boards
- ✓ Clean windows and mirrors
- ✓ Quick declutter
- ✓ Hoover under furniture

Week 3: KITCHEN

- ✓ Clean Oven
- ✓ Pick 2/3 cupboards to empty out/wipe down and organise
- ✓ Clean kickboards
- ✓ Clean extractor hob filters

Week 4: BATHROOMS

- ✓ Deep clean floors
- ✓ Tackle the limescale
- ✓ Clean windows/mirrors
- ✓ Clean out the bathroom cabinet
- ✓ Tackle the grout



Remember the **Friday Focus** is
the **KEY** to TOMM!

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Week 5: MASTER BEDROOM

- ✓ Hoover under bed/furniture
- ✓ Flip mattress
- ✓ Quick clothes/ makeup cull
- ✓ Dust skirting boards
- ✓ Clean windows/mirrors

Week 6: ENTRANCE HALL & STAIRS

- ✓ Have a shoe/coat cull
- ✓ Go through lurking piles of paperwork
- ✓ Clean bannisters
- ✓ Dust skirting boards
- ✓ Shampoo rugs
- ✓ Clean windows/mirrors
- ✓ Hoover under furniture

Week 7: MISC ROOM

- ✓ Tidy away anything that doesn't belong/declutter
- ✓ Clean skirting boards
- ✓ Hoover under furniture
- ✓ Clean windows and mirrors

Week 8: GARDEN/OUTSIDE SPACE

- ✓ Clean front door/step
- ✓ Plant some seasonal flowers in pots
- ✓ Quick weed of flower bed
- ✓ Sweep patio
- ✓ Clean out bin store



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