FREE WORKSHEET · FOCUS WITH ADHD, SUBJECT 96

ADHD cleaning checklist

- [ ] TODAY, 10 MINUTES

  Closing duties, timer on. Write the four steps on a card by the sink. Run them now with the timer set, and stop when it rings.

  Done on _____

- [ ] TODAY, 5 MINUTES

  Box the piles. Every pile into a box with today's date. Do not sort. Put the boxes out of your line of sight.

  Done on _____

- [ ] THIS WEEK

  Nightly, and one box. Closing duties every night, ticked below. At the weekly review, sort one box for twenty minutes, looking at every item before it goes.

  Done on _____

THE CARD BY THE SINK

- [ ] 1. Dishes in.
- [ ] 2. Surfaces cleared into trays.
- [ ] 3. Launch pad loaded.
- [ ] 4. Timer rings: stop.

THIS WEEK'S SCHEDULE: CLOSING DUTIES DONE

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐	☐	☐	☐	☐	☐	☐

BOXES, DATED

Date on the box	Where the pile was	Sorted on