

HOME RESET

A realistic cleaning rhythm for real mom life



BASELINE

Kitchen · dishwasher · laundry · beds · vacuum · sink/toilet · trash



MOST DAYS — 5–10 MIN

Basket + cloth + trash bag
Tidy · collect · bin · spot-wipe



10–15 MIN AS NEEDED

Mop high-traffic floors · small cleaning job



EACH WEEK

Floors — high-traffic areas as needed · rest weekly/when needed
Bathroom — one proper clean
Maintenance — one rotating job



1–2 × 45 MIN

Whatever needs the time most: cleaning or bigger decluttering



RULE

No catch-up. Just continue.

