

ADHD cleaning planner: one week, one 10-minute reset a day

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How it works. Each day has one theme, one named first step, and a bad-day line. Set a 10-minute timer, do the first step, keep going until it rings, then stop even mid-task. On a day you cannot function, do only the shaded line and tick the box. It counts.

This week's one big thing (only one)

The 1-3-5 idea: one big task a week is enough. Everything else on this page is small on purpose.

Energy today

☐ Low: bad-day line only ☐ Mid: 10 minutes ☐ High: 20 minutes, then stop

Reward after the timer

Day	Theme	First step (start here, nothing else)	Bad-day line	Done
Monday	Kitchen	Fill the sink with hot soapy water and drop everything in. Then bin the wrappers, then wipe the one counter you look at most.	Rinse one mug for tomorrow.	☐
Tuesday	Laundry	Carry one basket to the machine and start it before you do anything else. Fold only what comes out of the dryer today; the old pile waits.	Dirty clothes off the floor into the basket.	☐
Wednesday	Bathroom	Spray the sink and the toilet before your shower. Wipe both after. Towels to a hook.	Wipe the sink with the towel you just used.	☐
Thursday	Floors and paths	Clear the walking path from the door to the bed, then to the sofa. Shoes to one spot. Sweep or vacuum only the path.	Clear the path to the bed.	☐
Friday	One doom pile	Pick the pile you walk past most. Four boxes: bin, belongs elsewhere, keep here, decide later. Sort until the timer rings; "decide later" is allowed.	Take three things off the top of the pile and bin or put them away.	☐
Saturday	Your choice of room	Walk in, say out loud the one thing that bothers you most, fix only that. Cups back to the kitchen on the way out.	Cups from one room back to the kitchen.	☐
Sunday	Rest and reset	No cleaning. Five minutes tonight: tomorrow's clothes out, one clear surface, bag by the door. Circle next week's one big thing above.	Tomorrow's clothes out. That is the whole job.	☐

Daily bare minimum (any day, any energy)

- ☐ Rubbish that smells goes out
- ☐ One clear path through each room
- ☐ Tomorrow's first thing set out

Ticked 3 boxes or more this week?

That is a good week. A missed day is not a failed week; the planner restarts every Monday and no day depends on the one before it. Write here what actually worked: