**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

*stay focused*

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

© Gemma Bray 2018
Friday Focus Checklist
30 mins only!

**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

Stay focused

Remember the Friday Focus is the KEY to TOMM!