A Liveable Home — Cleaning Tasks

RED — Do Every Day

Essential daily cleaning to keep home liveable

- **Clear & tidy surfaces** in busy areas — remove piles, post, dishes from counters
- **Empty all bins** — kitchen, bathroom, bedrooms
- **Wipe kitchen surfaces** — clean as you go after cooking/eating
- **1 load of washing** — wash, hang, or put away
- **2-minute tidy** — reset one high-traffic area before bed

AMBER — Do 2-3x Per Week

Structure and upkeep tasks

- **Vacuum, mop & polish furniture** — use right cleaner for wood / stone / glass
- **Dusting** — all surfaces, skirting, shelves
- **Water plants** and tidy plant areas
- **Change bedding** and tidy bedrooms for weekend
- **Bathroom upkeep** — quick wipe of sink, toilet, mirror
- **Household team check** — assign tasks / follow cleaning schedule

GREEN — Do Weekly / When Energised

Deep clean and home improvement

- **Restorative deep clean: Bathroom** — thorough scrub of shower, toilet, tiles
- **Restorative deep clean: Fridge** — clear out, clean shelves, check dates
- **Polish handles & taps** — kitchen and bathroom to make room shine
- **Garden & exterior** — mow lawn, maintain home appearance
- **Reimagine one area** — declutter / reorganise one shelf, cupboard or layout

Perky's HELP

31 DAY TRACKER

Mark ONE colour per day you completed

RED DAYS

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

AMBER DAYS

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

GREEN DAYS

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				