SMALL ROUTINES FOR A CALMER HOME

Zone Cleaning & Household Routines Binder

Zones, daily resets, weekly routines, room checklists, declutter pages
and a 30-day reset in one fillable binder.

US Letter · Free sample

Household

Start date

My focus this month

PLAN

My Home Zones

Zones split your home into four to six areas so you focus on one at a time. Group rooms in a way that makes sense for you.

Zone 1

Name

Rooms

Zone 2

Name

Rooms

Zone 3

Name

Rooms

Zone 4

Name

Rooms

Zone 5

Name

Rooms

Zone 6

Name

Rooms

Notes on how I grouped my zones

DAILY

Daily Reset Routine

A short reset at the start and end of the day. Aim for about 15 minutes each.

Morning reset

- Make the bed
- Dishes and counters
- Quick bathroom wipe
- Start a load of laundry
- Check the day plan
- One zone task
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Evening reset

- Clear the kitchen
- Tidy the living area
- Set out tomorrow items
- Run or empty the dishwasher
- Quick floor check
- Lights and doors
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Day	Morning done	Evening done	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			