



The Mighty's Spring Cleaning Suggestion Guide

(Note: Task suggestions are not all meant to be accomplished in one day, they are merely suggestions you can use to plan your own schedule!)

Monday: Kitchen

- Clean the microwave
- Do the dishes for five minutes
- Wipe the counters
- Clean out fridge
- Sweep/mop the floor

Tuesday: Personal

- Clean your mobility devices
- Get wheelchair serviced
- Clean out purse or backpack
- Donate old medical devices

Wednesday: Bedroom

- Change your sheets
- Dust surfaces
- Organize bedside table
- Donate old clothing
- Vacuum/sweep the floor

Thursday: Bathroom

- Take out the trash
- Wipe the counters
- Wipe mirror
- Use a mop or other long tool to clean shower/bathtub
- Clean the toilet

Friday: Kitchen

- Clean the microwave
- Do the dishes for five minutes
- Wipe the counters
- Clean out fridge
- Sweep/mop the floor

Saturday: Laundry

- Do a small load of essentials
- Do a load of towels/sheets
- Fold laundry while watching Netflix or on TV commercial breaks

Sunday: Living Room

- Vacuum for five minutes
- Go through and sort mail
- Touch up scuffs on walls from mobility devices
- Dust surfaces
- Turn on Roomba or automatic vacuum