NEAT FREAK NEST

The Neat Freak Weekly Reset Checklist

2.5 hours across the weekend — timed, so it never eats your whole Saturday.

FRIDAY WIND-DOWN — 30 minutes

- [ ] **10-min basket sweep —** Walk every room, toss out-of-place items in a basket, then put them away.
- [ ] **Start one load of laundry —** Don't sort perfectly — just start. Move to dryer before bed.
- [ ] **Trash & recycling, whole house —** Every bin: bathrooms, bedrooms, office, kitchen.
- [ ] **Entryway reset — 5 min —** Shoes paired, coats hung, keys home, junk mail recycled.

SATURDAY DEEP ZONES — 75 minutes

- [ ] **Kitchen reset — 20 min —** Counters cleared + wiped, stovetop scrubbed, microwave wiped, sink shined.
- [ ] **Bathroom scrub — 20 min —** Toilet, tub, sink, mirror; fresh hand towels.
- [ ] **Floors — 20 min —** Vacuum high-traffic areas, damp-mop hard floors.
- [ ] **Rotating zone — 15 min —** Wk 1: fridge • Wk 2: pantry • Wk 3: baseboards • Wk 4: closet/junk drawer.

SUNDAY RESET — 45 minutes

- [ ] **Change bed linens —** Fresh sheets = better sleep and a better Monday.
- [ ] **Fridge cleanout —** Toss expired, wipe spills — 10 minutes prevents the big purge.
- [ ] **Restock stations —** Toilet paper, soap, detergent, trash bags, paper towels.
- [ ] **Finish laundry —** Fold warm from the dryer; put everything away immediately.
- [ ] **5-minute week preview —** Check calendar: guests? busy nights? prep one thing now.

Weekend total: 2.5 hours. Monday morning, the house just feels handled.