

The Well-Kept Home Worksheet Collection

Printable companion pages for Keep House Like a 1950s Housewife

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Appendix A: Daily Opening Checklist

The opening routine prepares the home for the day and then ends. Choose the actions that matter in your household; a working morning does not require every box every day.

- ☐ Straighten or make the beds that affect the morning's sense of order.
- ☐ Open curtains or blinds when privacy, weather, and temperature allow.
- ☐ Clear the bathroom counter after use; hang towels and contain clothing.
- ☐ Put away dry dishes or unload enough of the dishwasher for the day.
- ☐ Confirm today's meals; move needed food to thaw safely in the refrigerator.
- ☐ Start only the planned laundry load that can be transferred and finished.
- ☐ Clear the entry or launch area; place keys, bags, and outgoing items together.
- ☐ Complete a five-minute reset of the main shared room, if needed.
- ☐ Check the household calendar and name the one home task that belongs today.
- ☐ Declare the home open and move on to the rest of the day.

My Opening Routine

- Opening action 1: Write your answer: _____
- Opening action 2: Write your answer: _____
- Opening action 3: Write your answer: _____
- Optional action: Write your answer: _____
- Minimum opening: Write your answer: _____
- Finish cue: Write your answer: _____
- Target minutes: Write your answer: _____

Appendix B: Nightly Closing Checklist

The closing routine protects tomorrow. Close the house once, using shared or staggered responsibilities when schedules differ, and stop when the chosen finish line is reached.

- [] Refrigerate food, put away ingredients, and decide what will happen with leftovers.
- [] Wash, load, or contain the dishes so the sink has one usable section.
- [] Wipe the main food-preparation surface and reset the sink.
- [] Contain trash, recycling, spills, and anything unsafe to leave overnight.
- [] Return the main shared room to a neutral, usable condition.
- [] Transfer or finish any laundry already in motion.
- [] Place keys, bags, mail, work, school, and other outgoing items at their landing.
- [] Confirm tomorrow's meal, schedule, medication, alarm, and necessary clothing.
- [] Check doors, windows, appliances, candles, and household safety as appropriate.
- [] Complete the household's final cue and declare the home closed.

Hard-Night Minimum Close

- [] Refrigerate food and address anything unsafe.
- [] Create one usable section of sink and contain the remaining dishes.
- [] Contain trash that cannot safely wait.
- [] Take necessary medication and set the alarm.
- [] Place keys and tomorrow's essential items at the door.
- [] Stop. The reduced close is complete.

My Closing Routine

- Closing action 1: Write your answer: _____
- Closing action 2: Write your answer: _____
- Closing action 3: Write your answer: _____
- Minimum close: Write your answer: _____
- Finish cue: Write your answer: _____

- Target minutes: Write your answer: _____

Appendix C: Weekly Homekeeping Schedule

This sample gives recurring work a place without requiring a second work shift every evening. Move the appointments to match your schedule, and assign complete areas to capable household members.

Sample Weekly Rhythm

- Monday: Primary focus: Laundry and reset; Finish line: Complete one essential load; ten-minute shared reset; Owner/time: _____
- Tuesday: Primary focus: Bathrooms; Finish line: Weekly bathroom finish line; replenish supplies; Owner/time: _____
- Wednesday: Primary focus: Floors and dust; Finish line: High-use floors; reachable dust-holding surfaces; Owner/time: _____
- Thursday: Primary focus: Bedrooms and linens; Finish line: Reset bedrooms; change linens on the chosen rhythm; Owner/time: _____
- Friday: Primary focus: Kitchen and administration; Finish line: Refrigerator check; mail, calendar, bills, and supplies; Owner/time: _____
- Saturday: Primary focus: Flexible cleaning appointment; Finish line: One or two rooms from start to finish; one project only if planned; Owner/time: _____
- Sunday: Primary focus: Weekly reset and planning; Finish line: Trash, dishes, laundry, meals, calendar, and assignments; Owner/time: _____

My Weekly Rhythm

- Monday: Primary focus: _____; Finish line: _____; Owner/time: _____
- Tuesday: Primary focus: _____; Finish line: _____; Owner/time: _____

- Wednesday: Primary focus: _____; Finish line:
_____; Owner/time:

- Thursday: Primary focus: _____; Finish line:
_____; Owner/time:

- Friday: Primary focus: _____; Finish line:
_____; Owner/time:

- Saturday: Primary focus: _____; Finish line:
_____; Owner/time:

- Sunday: Primary focus: _____; Finish line:
_____; Owner/time:

Weekly review date/time: _____

Minimum-week standard: _____

Appendix D: Monthly Rotation

Choose one to three items from the assigned area each week. The purpose is to return to less-frequent care before it becomes a crisis, not to complete every possible task every month.

[] Week 1: Area: Kitchen; Choose what matters: Refrigerator shelf or drawer; pantry check; appliance care; cabinet fronts; one neglected zone; Complete: Date: _____

[] Week 2: Area: Bathroom and laundry; Choose what matters: Shower detail; grout check; linen review; washer or dryer care as directed; storage edit; Complete: Date: _____

[] Week 3: Area: Bedrooms and living areas; Choose what matters: Under furniture; upholstery; mattress care as directed; curtains or blinds; one display or storage area; Complete: Date: _____

[] Week 4: Area: Administration and maintenance; Choose what matters: Supply inventory; records; filters; safety checks; repair actions; donation exit; Complete: Date: _____

[] Week 5: Area: Rest or catch-up; Choose what matters: Use only when needed. Do not manufacture work to fill an extra week.; Complete: Date: _____

Monthly Home Review

- [] Review next month's calendar, work demands, travel, guests, and household events.
- [] Check essential supplies and add only genuine shortages to the shopping list.
- [] Review open repairs and write the next physical action for each priority item.
- [] Confirm upcoming maintenance dates, warranties, and service appointments.
- [] Choose one clutter or organizing project; schedule it separately from cleaning.
- [] Adjust task owners, frequencies, and minimum versions based on the month just lived.
- [] Select the next month's four rotation areas and leave at least one margin for rest.

My Monthly Plan

- Month: Write your answer: _____
- Review date: Write your answer: _____
- One priority project: Write your answer: _____
- One repair action: Write your answer: _____

- Standard to simplify: Write your answer: _____

Appendix E: Seasonal Cleaning Lists

Adapt these lists to the climate, housing type, lease or ownership responsibilities, and equipment in your home. Follow product and manufacturer instructions, and use qualified professionals for work beyond your knowledge, tools, or safe access.

Spring

- [] Wash or rotate cold-weather bedding and clothing; store items clean and dry.
- [] Clean accessible window interiors, sills, tracks, screens, and curtains as appropriate.
- [] Check for winter moisture, leaks, pests, or damage and arrange needed evaluation.
- [] Clean entry mats and reset the landing area for rain, mud, and outdoor activity.
- [] Review cooling equipment and schedule professional service when required.
- [] Clean outdoor furniture or tools the household will use; inspect before use.
- [] Review pantry and refrigerator dates; plan meals around safe food that should be used.
- [] Test safety devices and replace batteries or units according to manufacturer guidance.

Summer

- [] Clean or replace cooling and ventilation filters as the equipment directs.
- [] Check doors, windows, screens, and weather seals for comfort and pest prevention.
- [] Wash high-use outdoor textiles and keep damp items where they can dry fully.
- [] Review food-storage temperatures and clean refrigerator coils only as safely directed.
- [] Prepare for storms, outages, heat, or travel with appropriate local emergency guidance.
- [] Clear outdoor walkways and arrange professional help for unsafe heights or heavy work.
- [] Edit summer clothing, shoes, sports items, and travel supplies that exceed their space.
- [] Plan a simple guest-ready standard for visits, holidays, or school breaks.

Autumn

- [] Wash and store summer textiles; bring out cold-weather bedding and clothing.
- [] Reset the entry for coats, boots, umbrellas, wet items, and earlier darkness.
- [] Review heating equipment and schedule inspection or service where appropriate.
- [] Check detectors, extinguishers, flashlights, batteries, and emergency supplies.
- [] Clean accessible vents and registers without disturbing equipment or hazardous material.
- [] Prepare outdoor areas for weather; arrange gutter, roof, tree, or height work professionally.

- [] Review pantry staples and dependable meals for demanding or stormy days.
- [] Choose holiday traditions that fit the household's actual time, budget, and energy.

Winter

- [] Maintain safe, clear entrances and paths according to local weather conditions.
- [] Check for drafts, condensation, leaks, or unusual odors and address the source.
- [] Wash frequently used blankets, throws, pet textiles, and indoor comfort items.
- [] Review medication, food, water, lighting, charging, and other outage necessities.
- [] Protect plumbing and heating systems according to local and professional guidance.
- [] Clean one indoor storage or clutter pressure point without opening the whole home.
- [] Review holiday items before storage; release broken or unused pieces.
- [] Schedule the spring tasks that require appointments, purchases, or outside help.

My Seasonal Dates

- Spring: Review date: _____; Top three needs:
_____; Help/appointment:

- Summer: Review date: _____; Top three needs:
_____; Help/appointment:

- Autumn: Review date: _____; Top three needs:
_____; Help/appointment:

- Winter: Review date: _____; Top three needs:
_____; Help/appointment:

Appendix F: Room-by-Room Cleaning Cards

Use each card as a finish line, not an invitation to discover more work. Bring a trash bag, laundry container, and relocation basket; move high to low and dry to wet; clean the floor last; then remove supplies and stop.

Kitchen Card

- Reset: Card instructions: Refrigerate food; remove trash; gather dishes; clear the sink and main preparation surface.
- Clean: Card instructions: Wash or load dishes; clean counters and sink; wipe needed appliance surfaces and touchpoints; address visible spills; clean the floor last.
- Finish line: Card instructions: Food is safe, dishes are contained, one work surface and sink section are usable, trash is contained, and the floor is safe.
- Less-often care: Card instructions: Refrigerator shelves; pantry; cabinet fronts; oven or appliance care; vents; detailed floor edges.

Bathroom Card

- Reset: Card instructions: Remove trash and laundry; clear the sink area; replace soap, paper, and necessary clean towels.
- Clean: Card instructions: Clean mirror, sink, touchpoints, toilet, and the tub or shower areas needed for use; clean the floor last; keep toilet tools separate.
- Finish line: Card instructions: The toilet and sink are clean, bathing is possible, supplies are present, trash is removed, and the floor is safe.
- Less-often care: Card instructions: Grout; shower curtain or door; exhaust cover; drains; cabinet interiors; walls; detailed fixture care.

Bedroom and Shared-Space Cards

Bedroom Card

- Reset: Card instructions: Remove dishes and trash; contain clothing; clear paths and the bed; gather items that belong elsewhere.
- Clean: Card instructions: Make or remake the bed; dust reachable surfaces; wipe needed touchpoints; clean the floor last; prepare tomorrow's clothing.
- Finish line: Card instructions: The bed is ready for sleep, clothing is contained, one nearby surface is usable, and movement is safe.

- Less-often care: Card instructions: Under furniture; mattress and bedding care; closet edit; curtains or blinds; lamps; baseboards.

Living or Family Room Card

- Reset: Card instructions: Remove trash, dishes, and laundry; collect out-of-place objects; straighten seating and the primary surface.
- Clean: Card instructions: Dust reachable surfaces and electronics safely; wipe needed touchpoints; reset blankets and useful objects; clean the floor last.
- Finish line: Card instructions: There is a clear place to sit, the main surface can function, belongings are contained, and the room is ready for ordinary use.
- Less-often care: Card instructions: Upholstery; under furniture; shelves; media storage; curtains or blinds; decor rotation; floor edges.

Passage and Work-Space Cards

Entry and Hallway Card

- Reset: Card instructions: Remove trash and items that belong elsewhere; contain shoes, coats, bags, mail, and outdoor gear.
- Clean: Card instructions: Wipe reachable touchpoints and surfaces; clean mirrors as needed; shake or clean mats appropriately; clean the floor last.
- Finish line: Card instructions: The path is clear, keys and outgoing items can be found, and weather-related items have a safe landing.
- Less-often care: Card instructions: Closet edit; doors and trim; walls; vents; seasonal gear; lighting; outdoor threshold care.

Home Office Card

- Reset: Card instructions: Remove dishes and trash; collect loose papers; place action items in one inbox; clear enough desk space to work.
- Clean: Card instructions: Process urgent papers; dust equipment safely; wipe the work surface and touchpoints; manage cords without overloading; clean the floor last.
- Finish line: Card instructions: The next task can begin, urgent papers have an action, equipment is accessible, and confidential material is secure.
- Less-often care: Card instructions: File archive; supply inventory; cable review; digital backup; bookshelves; shredding; equipment maintenance.

Meal and Laundry-Space Cards

Dining Area Card

- Reset: Card instructions: Remove dishes, mail, projects, and objects that belong elsewhere; clear the amount of table needed for the next meal or activity.
- Clean: Card instructions: Wipe the table and seating as appropriate; dust reachable surfaces; reset useful linens or centerpiece; clean the floor last.
- Finish line: Card instructions: The table can perform its next job, seating is available, and unrelated categories have left the room.
- Less-often care: Card instructions: Table and chair care; linens; display storage; light fixture; curtains or blinds; floor edges.

Laundry Area Card

- Reset: Card instructions: Remove trash; sort waiting laundry; clear machine tops; place products safely; identify items needing special care.
- Clean: Card instructions: Complete the active load; wipe accessible machine surfaces; clean lint and filters as directed; sweep or clean the floor.
- Finish line: Card instructions: No wet load is forgotten, clean items are available, products are safely stored, and the machines are ready for the next load.
- Less-often care: Card instructions: Machine cleaning and inspection as directed; vent or hose service; shelf edit; lost-item basket; supply inventory.

Appendix G: 15-, 30-, and 60-Minute Rescue Plans

A rescue plan restores the next needed functions; it does not erase every sign of a difficult week. Set the timer, address immediate hazards first, follow the order, and stop when time ends.

15-Minute Rescue

- 0-3: Focus: Triage; Finish line: Refrigerate food, contain hazards, open a safe path, and choose the one room that matters most.
- 3-7: Focus: Kitchen; Finish line: Gather dishes, create one usable sink section, and clear one food-preparation surface.
- 7-10: Focus: Trash; Finish line: Collect the trash that smells, spills, blocks movement, or cannot safely wait.
- 10-13: Focus: Main room; Finish line: Clear one seat or sleeping space and gather obvious laundry and misplaced items.
- 13-15: Focus: Tomorrow; Finish line: Place keys, medication, clothing, and the next meal decision where they can be found.

30-Minute Rescue

- 0-5: Focus: Triage; Finish line: Address unsafe food, spills, blocked paths, urgent pet needs, and the room needed next.
- 5-13: Focus: Kitchen; Finish line: Contain dishes, reset sink and main counter, store food, and address necessary trash.
- 13-18: Focus: Bathroom; Finish line: Clean toilet and sink, provide soap and paper, remove trash, and hang a clean towel.
- 18-23: Focus: Laundry; Finish line: Start or finish the essential load only if its complete loop is realistic today.
- 23-27: Focus: Shared space; Finish line: Clear one seat, straighten the main anchor, and open the busiest floor path.
- 27-30: Focus: Tomorrow; Finish line: Set out essentials, decide the next meal, and name the next return point.

60-Minute Rescue

- 0-5: Focus: Plan; Finish line: Walk through once, identify hazards and needed functions, gather supplies, and start the timer.

- 5-20: Focus: Kitchen; Finish line: Store food, handle dishes, clear and clean a work surface, reset the sink, and make the floor safe.
- 20-30: Focus: Bathroom; Finish line: Restore the main bathroom to its ordinary finish line and replenish essentials.
- 30-40: Focus: Laundry; Finish line: Complete or advance the most essential load without starting several incomplete loops.
- 40-50: Focus: Shared room and paths; Finish line: Collect trash and misplaced items, reset the main anchor, and clean the busiest floor path.
- 50-55: Focus: Administration; Finish line: Handle the most consequential bill, paper, appointment, supply, or repair action.
- 55-60: Focus: Close; Finish line: Remove supplies, put away the relocation basket, prepare tomorrow, and stop.

My Rescue Priority

- First safety concern: Write your answer: _____
- Room needed next: Write your answer: _____
- Essential clothing/linen: Write your answer: _____
- Tomorrow's essentials: Write your answer: _____
- Person who can help: Write your answer: _____

Appendix H: Household Supplies Inventory

Set minimum and maximum levels according to actual use and available space. Inventory prevents emergencies; it should not pressure the household to stock more than it can afford, store, or use.

Cleaning and Kitchen

- All-purpose cleaner: Stored at: _____; Minimum: _____; On hand: _____; Reorder: _____; Notes: _____
- Dish soap/dishwasher product: Stored at: _____; Minimum: _____; On hand: _____; Reorder: _____; Notes: _____
- Bathroom cleaner: Stored at: _____; Minimum: _____; On hand: _____; Reorder: _____; Notes: _____
- Disinfectant used as directed: Stored at: _____; Minimum: _____; On hand: _____; Reorder: _____; Notes: _____
- Clean cloths/sponges/brushes: Stored at: _____; Minimum: _____; On hand: _____; Reorder: _____; Notes: _____
- Trash and recycling bags: Stored at: _____; Minimum: _____; On hand: _____; Reorder: _____; Notes: _____
- Food-storage supplies: Stored at: _____; Minimum: _____; On hand: _____; Reorder: _____; Notes: _____

Laundry, Bathroom, and Paper

- Laundry detergent: Stored at: _____; Minimum: _____; On hand: _____; Reorder: _____; Notes: _____
- Stain treatment: Stored at: _____; Minimum: _____; On hand: _____; Reorder: _____; Notes: _____
- Toilet paper: Stored at: _____; Minimum: _____; On hand: _____; Reorder: _____; Notes: _____
- Hand soap: Stored at: _____; Minimum: _____; On hand: _____; Reorder: _____; Notes: _____
- Paper products or reusable alternatives: Stored at: _____; Minimum: _____; On hand: _____; Reorder: _____; Notes: _____
- Light bulbs: Stored at: _____; Minimum: _____; On hand: _____; Reorder: _____; Notes: _____
- Batteries: Stored at: _____; Minimum: _____; On hand: _____; Reorder: _____; Notes: _____

Maintenance and Safety

- HVAC/appliance filters: Stored at: _____; Minimum: _____; On hand: _____; Reorder: _____; Notes: Size: _____

- Detector batteries/approved units: Stored at: _____;
Minimum: _____; On hand: _____;
Reorder: _____; Notes: Check date: _____

- Flashlights/charging supplies: Stored at: _____; Minimum: _____;
On hand: _____; Reorder: _____; Notes: _____

- First-aid basics: Stored at: _____; Minimum: _____;
On hand: _____; Reorder: _____; Notes: Check dates

- Weather/emergency supplies: Stored at: _____; Minimum: _____;
On hand: _____; Reorder: _____; Notes: Local guidance

- Basic tools used safely: Stored at: _____; Minimum: _____;
On hand: _____; Reorder: _____; Notes: _____

- Pet/child household essentials: Stored at: _____;
Minimum: _____; On hand: _____;
Reorder: _____; Notes: _____

- Other: _____: Stored at: _____;
Minimum: _____; On hand: _____;
Reorder: _____; Notes: _____

Blank Inventory

- Entry: Stored at: _____; Minimum: _____;
On hand: _____; Reorder: _____; Notes: _____

- Entry: Stored at: _____; Minimum: _____;
On hand: _____; Reorder: _____; Notes: _____

- Entry: Stored at: _____; Minimum:
_____; On hand: _____;
Reorder: _____; Notes:

- Entry: Stored at: _____; Minimum:
_____; On hand: _____;
Reorder: _____; Notes:

- Entry: Stored at: _____; Minimum:
_____; On hand: _____;
Reorder: _____; Notes:

- Entry: Stored at: _____; Minimum:
_____; On hand: _____;
Reorder: _____; Notes:

- Entry: Stored at: _____; Minimum:
_____; On hand: _____;
Reorder: _____; Notes:

- Entry: Stored at: _____; Minimum:
_____; On hand: _____;
Reorder: _____; Notes:

Inventory review date: _____

Next review: _____

Appendix I: Meal Rotation Worksheet

A dependable rotation reduces the nightly question of what to eat. List meals the household actually enjoys and can prepare within its ordinary time, energy, budget, equipment, and dietary needs.

Dependable Dinners

- 1: Meal: _____; Main ingredients: _____; Time: _____; Easy side or note: _____
- 2: Meal: _____; Main ingredients: _____; Time: _____; Easy side or note: _____
- 3: Meal: _____; Main ingredients: _____; Time: _____; Easy side or note: _____
- 4: Meal: _____; Main ingredients: _____; Time: _____; Easy side or note: _____
- 5: Meal: _____; Main ingredients: _____; Time: _____; Easy side or note: _____
- 6: Meal: _____; Main ingredients: _____; Time: _____; Easy side or note: _____
- 7: Meal: _____; Main ingredients: _____; Time: _____; Easy side or note: _____
- 8: Meal: _____; Main ingredients: _____; Time: _____; Easy side or note: _____
- 9: Meal: _____; Main ingredients: _____; Time: _____; Easy side or note: _____

Easy side or note: _____

- 10: Meal: _____; Main ingredients:
 _____; Time: _____;
 Easy side or note: _____

Late-Day and Pantry/Freezer Backups

- 1: Backup meal: _____; What must stay on hand:
 _____; Who can prepare it:

- 2: Backup meal: _____; What must stay on hand:
 _____; Who can prepare it:

- 3: Backup meal: _____; What must stay on hand:
 _____; Who can prepare it:

- 4: Backup meal: _____; What must stay on hand:
 _____; Who can prepare it:

- 5: Backup meal: _____; What must stay on hand:
 _____; Who can prepare it:

- 6: Backup meal: _____; What must stay on hand:
 _____; Who can prepare it:

Breakfasts, Lunches, and Snacks

- Breakfast: Option: _____; Ingredients to keep:
 _____; Prep note:

- Breakfast: Option: _____; Ingredients to keep:
 _____; Prep note:

- Lunch: Option: _____; Ingredients to keep:
 _____; Prep note:

- Lunch: Option: _____; Ingredients to keep:
 _____; Prep note:

- Snack: Option: _____; Ingredients to keep:
 _____; Prep note:

- Snack: Option: _____; Ingredients to keep:
 _____; Prep note:

Weekly Meal Map

- Monday: Breakfast/lunch: _____; Dinner:
 _____; Prep, thaw, or owner:

- Tuesday: Breakfast/lunch: _____; Dinner:
 _____; Prep, thaw, or owner:

- Wednesday: Breakfast/lunch: _____; Dinner:
 _____; Prep, thaw, or owner:

- Thursday: Breakfast/lunch: _____; Dinner:
 _____; Prep, thaw, or owner:

- Friday: Breakfast/lunch: _____; Dinner:
 _____; Prep, thaw, or owner:

- Saturday: Breakfast/lunch: _____; Dinner:
 _____; Prep, thaw, or owner:

- Sunday: Breakfast/lunch: _____; Dinner:
 _____; Prep, thaw, or owner:

Grocery List

- Produce: Needed items: _____

- Protein/main items: Needed items: _____

- Dairy/refrigerated: Needed items: _____

- Pantry: Needed items: _____

- Frozen: Needed items: _____

- Household: Needed items: _____

Shopping/ordering day: _____ Refrigerator review day:

Appendix J: Guest-Ready Checklist

Guest-ready is a temporary hospitality standard, not proof that the entire home is finished. Prepare what a guest will safely enter, use, and feel; close private rooms when appropriate and leave unrelated projects alone.

Core Guest-Ready Standard

- [] Clear a safe entrance and walking path.
- [] Provide a clear place to sit and a surface for a drink or personal item.
- [] Make the guest bathroom usable: toilet, sink, soap, paper, hand towel, trash.
- [] Store food safely and contain the visible kitchen dishes and trash.
- [] Put private papers, medication, valuables, and confidential material away.
- [] Adjust lighting, temperature, and obvious physical comfort as reasonably possible.
- [] Confirm allergies, mobility, parking, pets, timing, or access needs when relevant.
- [] Decide what will be served and choose the version the host can enjoy too.
- [] Close doors to spaces that are not part of the visit.
- [] Stop preparing in time to wash, dress, sit, or breathe before the guest arrives.

Overnight Guest Additions

- [] Prepare clean bedding and a clear sleeping surface.
- [] Provide clean towels and explain where used linens should go.
- [] Offer a charging location, drinking water, and basic nighttime lighting.
- [] Clear reasonable space for a bag and clothing.
- [] Explain bathroom, temperature, pet, door, alarm, and morning arrangements.
- [] Ask about breakfast, medication refrigeration, accessibility, and other essential needs.

Ten-Minute Incoming-Guest Version

- [] Open the entry and main walking path.
- [] Clear one seat and one nearby surface.
- [] Refresh toilet, sink, soap, paper, towel, and bathroom trash.
- [] Contain kitchen food, dishes, and odor-causing trash.
- [] Put private or unsafe items away; close unrelated rooms.
- [] Turn on comfortable light, offer a drink, and welcome the person.

My Hospitality Plan

- Guest/date/time: Write your answer: _____
- Food and drink: Write your answer: _____
- Access or allergy needs: Write your answer: _____
- Rooms in use: Write your answer: _____
- Help/owner: Write your answer: _____
- Preparation stop time: Write your answer: _____

Appendix K: Minimum-Care Checklist

Use this checklist during illness, grief, unusually demanding work, travel recovery, or any low-capacity season. It protects health, safety, essential function, and rest. When the chosen minimum is complete, stop without adding a hidden second list.

Health and Safety

- ☐ Refrigerate food, discard what is spoiled, and address spills or unsafe conditions.
- ☐ Clear exits, stairs, heat sources, and the paths required for movement.
- ☐ Contain trash, pet needs, sharps, chemicals, medication, and other hazards appropriately.
- ☐ Use qualified or emergency help for conditions beyond safe household care.

Essential Function

- ☐ Create enough clean kitchen space to prepare or obtain the next meal.
- ☐ Make one toilet and sink clean and provide soap, paper, and a clean towel.
- ☐ Wash, dry, and make available the clothing or linens needed next.
- ☐ Create one clear place to sit or sleep.
- ☐ Locate keys, medication, chargers, work or school needs, and tomorrow's clothing.
- ☐ Address the one bill, appointment, repair, or supply with the greatest consequence if delayed.

Minimum Household Plan

- Food and dishes: Our minimum version: _____;
Owner/help: _____
- Bathroom and trash: Our minimum version: _____;
Owner/help: _____
- Laundry and linens: Our minimum version: _____;
Owner/help: _____
- Paths and rest: Our minimum version: _____; Owner/help: _____
- Tomorrow's essentials: Our minimum version: _____;
Owner/help: _____

- Administration: Our minimum version: _____; Owner/help:

Return point: _____

Person to contact if more help is needed: _____

Persistent or severe physical or mental-health difficulty deserves appropriate professional support. A homekeeping checklist may support care, but it is not treatment.

Appendix L: 30-Day Implementation Calendar

Write the dates before beginning. In the Result column, record Full, Minimum, or Moved. A moved day is rescheduled, not owed twice. Chapter Eighteen provides the full instructions and minimum version for every focus below.

Start date: _____

Planned Day 30: _____

Next household review: _____

Days 1-10

- 1: Focus: See the Home Clearly; Date: _____; Result: _____; Note for tomorrow: _____

- 2: Focus: Restore the Kitchen; Date: _____; Result: _____; Note for tomorrow: _____

- 3: Focus: Restore the Bathroom; Date: _____; Result: _____; Note for tomorrow: _____

- 4: Focus: Complete One Laundry Loop; Date: _____; Result: _____; Note for tomorrow: _____

- 5: Focus: Clear the Arrival Path; Date: _____; Result: _____; Note for tomorrow: _____

- 6: Focus: Make Rest Available; Date: _____; Result: _____; Note for tomorrow: _____

- 7: Focus: Hold the First Weekly Reset; Date: _____; Result: _____; Note for tomorrow: _____

- 8: Focus: Create the Opening Routine; Date: _____;
Result: _____; Note for tomorrow:

- 9: Focus: Create the Closing Routine; Date: _____; Result:
_____; Note for tomorrow:

- 10: Focus: Protect the Kitchen Close; Date: _____; Result:
_____; Note for tomorrow:

Days 11-20

- 11: Focus: Choose the Laundry Rhythm; Date: _____;
Result: _____; Note for tomorrow:

- 12: Focus: Practice a Ten-Minute Reset; Date: _____;
Result: _____; Note for tomorrow:

- 13: Focus: Give Work an Owner; Date: _____; Result:
_____; Note for tomorrow:

- 14: Focus: Keep the First Cleaning Appointment; Date:
_____; Result: _____;
Note for tomorrow: _____
- 15: Focus: Set the Living-Area Standard; Date: _____;
Result: _____; Note for tomorrow:

- 16: Focus: Set the Bedroom and Linen Rhythm; Date:
_____; Result: _____;
Note for tomorrow: _____
- 17: Focus: Set the Bathroom Rhythm; Date: _____; Result:
_____; Note for tomorrow:

- 18: Focus: Set the Kitchen Rhythm; Date: _____; Result:
_____; Note for tomorrow:

- 19: Focus: Set the Dusting and Floor Rhythm; Date: _____;
Result: _____; Note for tomorrow: _____

- 20: Focus: Hold the Household Administration Block; Date: _____;
Result: _____;
Note for tomorrow: _____

Days 21-30

- 21: Focus: Place Monthly and Seasonal Care; Date: _____;
Result: _____; Note for tomorrow: _____

- 22: Focus: Reduce Cleaning Friction; Date: _____; Result: _____;
Note for tomorrow: _____

- 23: Focus: Create the Food Rhythm; Date: _____; Result: _____;
Note for tomorrow: _____

- 24: Focus: Add Comfort Without Adding Labor; Date: _____;
Result: _____;
Note for tomorrow: _____

- 25: Focus: Release One Clutter Pressure Point; Date: _____;
Result: _____;
Note for tomorrow: _____

- 26: Focus: Create the Home Record; Date: _____; Result: _____;
Note for tomorrow: _____

- 27: Focus: Practice Simple Hospitality; Date: _____;
Result: _____; Note for tomorrow: _____

- 28: Focus: Practice the Low-Capacity Version; Date: _____;
Result: _____;
Note for tomorrow: _____

- 29: Focus: Write the Permanent Rhythm; Date: _____;
Result: _____; Note for tomorrow: _____

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- 30: Focus: Close the Month With Care; Date: _____;
Result: _____; Note for tomorrow: _____
-

Day 30 Review

- The routine I will keep: Write your answer: _____
- The routine I will change: Write your answer: _____
- The standard I will release: Write your answer: _____
- The task that needs a new owner: Write your answer:

- The next household review date: Write your answer: _____

The calendar is complete when the household has learned what supports it. It does not require thirty perfect marks.