# Daily five minute cleaning circuit

Make small repeatable cleaning tasks manageable.

## Three steps

1. Choose a visible task
2. Set a short limit
3. Stop when done

## A worked example

| | |
|---|---|
| **Area** | Entry |
| **Task** | Put shoes away |
| **Time limit** | 5 min |
| **Done** | No |

**A five-minute task is enough for this session.**

Use suitable cleaning products safely.

# Daily five minute cleaning circuit

Use one row per item or decision. Start with what you know.

| Area | Task | Time limit | Done |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
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| | | | |

## My next action / when