Weekly cleaning zone rotation

Spread household cleaning across the week without an exhausting single day.

Three steps

1. Choose zones
2. Assign one priority per day
3. Move optional tasks if needed

A worked example

Day	Monday
Zone	Kitchen
Priority task	Wipe surfaces
Optional task	Organize drawer

Priority cleaning comes before optional organizing.

Adapt to ability and household needs.

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

Day	Zone	Priority task	Optional task

My next action / when