

30 DAY DECLUTTERING CHALLENGE



1	2	3	4	5	6
Clean out and organize two kitchen	Clean out refrigerator.	Clean out your freezer.	Organize spices and throw out	Clear out one junk drawer.	Clean out your pantry.
cabinets.			old/expired ones.		
7	8	9	10	11	12
Clean out purse	Clean out makeup	Clean out and	Clean out	Clean out	Clean out
and wallet.	drawer/bag.	organize two kitchen cabinets.	cars.	bathroom cabinets.	medicine cabinets.
13	14	15	16	17	18
Organize cleaning	Clean out	Clean out	Clean out toy chests	Clean out and	Clear out your
supplies.	kids' closets and	kids' drawers and	and donate gently	organize two	nightstands.
	donate clothes.	donate clothes.	used toys.	kitchen cabinets.	
19	20	21	22	23	24
Clear out and donate	Clear out one junk	Go through old	Clean out	Clean out	Go through old
old books, DVDs	drawer.	papers and mail.	adult closets and	adult drawers and	shoes and donate
and other media.			donate clothes.	donate clothes.	gently used items.
25	26	27	28	29	30
Go through	Clear off your desk	Clean up computer.	Organize the	Clean out the	Delete unwanted
accessories (purses,	or workspace.	Unsubscribe from	linen closet.	laundry room.	apps and photos off
scarves, hats, etc.).		unwanted emails.			your phone.