

free printable ROOM-BY-ROOM DECLUTTER CHECKLIST

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DECLUTTERING CHECKLIST

KITCHEN

- | | | |
|--|---|--|
| ☐ CUPS, GLASSES, MUGS | ☐ POTS AND PANS | ☐ PLASTIC BAGS, FOIL, WAX |
| ☐ DINNER PLATES | ☐ CUTTING BOARDS | ☐ PAPER, PLASTIC WRAP, ETC. |
| ☐ SALAD PLATES | ☐ BAKING PANS | ☐ REFRIGERATOR FOOD |
| ☐ BOWLS | ☐ BAKING DISHES | ☐ FREEZER FOOD |
| ☐ SERVING PIECES | ☐ COOLING RACKS | ☐ PANTRY FOOD |
| ☐ SILVERWARE | ☐ MIXING BOWLS | ☐ BEVERAGES |
| ☐ SERVING UTENSILS | ☐ COLANDERS | ☐ LUNCH BOXES |
| ☐ KNIVES | ☐ TUPPERWARE | ☐ COOKBOOKS |
| ☐ KITCHEN GADGETS | ☐ OVEN MITTS | ☐ CLEANING PRODUCTS |
| ☐ SMALL APPLIANCES | ☐ DISH TOWELS & RAGS | ☐ JUNK DRAWER |
| ☐ | ☐ | ☐ |

LIVING ROOM

- | | | |
|--|---|---|
| ☐ MOVIES | ☐ VIDEO GAME ACCESSORIES | ☐ COASTERS |
| ☐ MUSIC | ☐ OTHER ELECTRONICS | ☐ TCHOTCHKES |
| ☐ BOOKS | ☐ CHARGERS | ☐ PLANTS |
| ☐ MAGAZINES | ☐ EXTRA REMOTES | ☐ ART/WALL DECOR |
| ☐ PHOTOS/SCRAPBOOKS | ☐ COFFEE TABLE DRAWERS | ☐ PILLOWS |
| ☐ VIDEO GAMES | ☐ END TABLE DRAWERS | ☐ THROW BLANKETS |
| ☐ | ☐ | ☐ |

ENTRY/MUDROOM

- | | | |
|--|--|--|
| ☐ COATS & JACKETS | ☐ BOOKBAGS | ☐ PET ACCESSORIES |
| ☐ SNOW PANTS | ☐ PURSES | ☐ TOYS |
| ☐ HATS | ☐ BRIEFCASES | ☐ CRAFT SUPPLIES |
| ☐ GLOVES | ☐ ATHLETIC GEAR | ☐ CLEANING PRODUCTS |
| ☐ SCARVES | ☐ UMBRELLAS | ☐ PAPERWORK |
| ☐ SHOES | ☐ KEYS | ☐ ELECTRONICS |
| ☐ | ☐ | ☐ CHARGERS |

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DECLUTTERING CHECKLIST

DINING ROOM

- | | | |
|--|---|---|
| ☐ TABLECLOTHS & RUNNERS | ☐ CHARGERS | ☐ CENTERPIECES |
| ☐ NAPKINS | ☐ SERVING PIECES | ☐ TCHOTCHKES |
| ☐ NAPKIN RINGS | ☐ TRIVETS | ☐ PAPERWORK |
| ☐ CHINA/DISHES | ☐ PARTY SUPPLIES | ☐ WRITING UTENSILS |
| ☐ CUPS, GLASSES, MUGS | ☐ CANDLES | ☐ OFFICE SUPPLIES |
| ☐ FLATWARE | ☐ CANDLE HOLDERS | ☐ ELECTRONICS |
| ☐ | ☐ | ☐ FOOD |

OFFICE

- | | | |
|---|---|---|
| ☐ TABLETS, NOTEBOOKS, PAPER | ☐ BOOKS | ☐ MANUALS |
| ☐ WRITING UTENSILS | ☐ MAGAZINES AND NEWSPAPERS | ☐ MEDICAL PAPERWORK |
| ☐ TAPE AND ADHESIVES | ☐ BINDERS | ☐ FINANCIAL FORMS |
| ☐ STAPLERS AND STAPLES | ☐ TABBED DIVIDERS | ☐ KIDS' PAPERWORK |
| ☐ SCISSORS & OTHER SHARPS | ☐ FOLDERS | ☐ OTHER PAPERWORK |
| ☐ PAPER CLIPS & BINDER CLIPS | ☐ ELECTRONICS | ☐ TCHOTCHKES |
| ☐ RUBBERBANDS | ☐ CHARGERS FOR ELECTRONICS | ☐ PICTURE FRAMES |
| ☐ POST-ITS AND STICKY TABS | ☐ CORDS AND CABLES | ☐ ART AND WALL DECOR |
| ☐ OTHER OFFICE SUPPLIES | ☐ PRINTER SUPPLIES | ☐ GREETING CARDS |
| ☐ CRAFT SUPPLIES | ☐ RECEIPTS AND COUPONS | ☐ GIFT WRAP SUPPLIES |
| ☐ | ☐ | ☐ |

LAUNDRY ROOM

- | | | |
|--|--|--|
| ☐ DETERGENT & FABRIC SOFTENER | ☐ LIGHT BULBS | ☐ BATH TOWELS |
| ☐ STAIN REMOVERS | ☐ FILTERS | ☐ BEACH TOWELS |
| ☐ DRYER SHEETS, DRYER BALLS | ☐ HANGERS | ☐ HAND TOWELS |
| ☐ SPONGES & RAGS | ☐ LAUNDRY BASKETS | ☐ WASHCLOTHS |
| ☐ CLEANING SUPPLIES | ☐ CLOTHES PINS | ☐ SHEETS |
| ☐ PAPER TOWELS & TOILET PAPER | ☐ IRONING ACCESSORIES | ☐ OTHER BEDDING |
| ☐ | ☐ | ☐ LOOSE CHANGE |

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DECLUTTERING CHECKLIST

BEDROOM

- | | | |
|--|--|--|
| ☐ NIGHTSTAND | ☐ BLAZERS | ☐ OTHER BAGS |
| ☐ BOOKS | ☐ SUITS | ☐ BELTS |
| ☐ MAGAZINES | ☐ SKIRTS | ☐ JEWELRY |
| ☐ PAPERS | ☐ DRESSES | ☐ OTHER ACCESSORIES |
| ☐ T-SHIRTS | ☐ JEANS | ☐ HAIR ACCESSORIES |
| ☐ LONG SLEEVED TEES | ☐ OTHER PANTS | ☐ MAKEUP |
| ☐ TANK TOPS | ☐ WORKOUT CLOTHES | ☐ PILLOWS |
| ☐ SWEATERS | ☐ PAJAMAS | ☐ EXTRA BEDDING |
| ☐ SWEATSHIRTS | ☐ UNDERGARMENTS | ☐ THROW BLANKETS |
| ☐ BLOUSES | ☐ SOCKS & TIGHTS | ☐ TCHOTCHKES |
| ☐ OTHER TOPS | ☐ SHOES | ☐ FRAMES AND ART |
| ☐ JACKETS | ☐ PURSES | ☐ ELECTRONICS |
| ☐ | ☐ | ☐ CHARGERS |

BATHROOM

- | | | |
|--|---|--|
| ☐ BRUSHES | ☐ OTHER MANI/PEDI SUPPLIES | ☐ OTHER TOILETRIES |
| ☐ COMBS | ☐ MAKEUP | ☐ MEDICATIONS |
| ☐ HAIR ACCESSORIES | ☐ FEMININE PRODUCTS | ☐ BAND-AIDS |
| ☐ HAIR PRODUCTS | ☐ TRAVEL TOILETRIES | ☐ OTHER MEDICAL ITEMS |
| ☐ HAIR APPLIANCES | ☐ COSMETIC BAGS | ☐ TOILET PAPER |
| ☐ TOOTHBRUSHES | ☐ OTHER TRAVEL ITEMS | ☐ WIPES |
| ☐ TOOTHPASTE | ☐ SOAPS | ☐ CLEANING SUPPLIES |
| ☐ OTHER DENTAL CARE ITEMS | ☐ LOTIONS | ☐ ROBES |
| ☐ RAZORS | ☐ SKIN CARE ITEMS | ☐ BATH TOWELS |
| ☐ SHAVING ACCESSORIES | ☐ SUNSCREEN | ☐ BEACH TOWELS |
| ☐ NAIL POLISH | ☐ BUG SPRAY | ☐ HAND TOWELS |
| ☐ NAIL FILES | ☐ GLASSES | ☐ WASHCLOTHS |
| ☐ CLIPPERS | ☐ CONTACTS SUPPLIES | ☐ SHEETS |
| ☐ | ☐ | ☐ OTHER BEDDING |

DECLUTTERING CHECKLIST

KIDS' BEDROOM

- | | | |
|--|--|---|
| ☐ NIGHTSTAND | ☐ SKIRTS | ☐ JEWELRY |
| ☐ BOOKS | ☐ DRESSES | ☐ OTHER ACCESSORIES |
| ☐ MAGAZINES | ☐ JEANS | ☐ HAIR ACCESSORIES |
| ☐ PAPERS | ☐ OTHER PANTS | ☐ MAKEUP |
| ☐ T-SHIRTS | ☐ WORKOUT CLOTHES | ☐ PILLOWS |
| ☐ LONG SLEEVED TEES | ☐ PAJAMAS | ☐ EXTRA BEDDING |
| ☐ TANK TOPS | ☐ UNDERGARMENTS | ☐ THROW BLANKETS |
| ☐ SWEATERS | ☐ SOCKS & TIGHTS | ☐ TCHOTCHKES |
| ☐ SWEATSHIRTS | ☐ SHOES | ☐ ELECTRONICS |
| ☐ DRESSY TOPS | ☐ PURSES | ☐ CHARGERS |
| ☐ JACKETS | ☐ BOOKBAGS | ☐ TOYS |
| ☐ SUITS | ☐ OTHER BAGS | ☐ ART SUPPLIES |
| ☐ | ☐ BELTS | ☐ POSTERS & PICTURES |

PLAYROOM

- | | | |
|---|---|---|
| ☐ BALLS & PUCKS | ☐ LEGO | ☐ ART SUPPLIES |
| ☐ FRISBEES | ☐ BLOCKS | ☐ NERF GUNS & AMMO |
| ☐ BATS | ☐ OTHER BUILDING TOYS | ☐ ACTION TOYS |
| ☐ STICKS | ☐ CARS | ☐ BIKES |
| ☐ GLOVES | ☐ PLANES | ☐ SCOOTERS |
| ☐ OTHER SPORTS EQUIPMENT | ☐ OTHER TRAVEL TOYS | ☐ ROLLER BLADES |
| ☐ BOARD GAMES | ☐ DOLL HOUSES | ☐ ICE SKATES |
| ☐ PLAYING CARDS | ☐ TOY BUILDINGS | ☐ OUTDOOR TOYS |
| ☐ TRADING CARDS | ☐ MUSIC & INSTRUMENTS | ☐ VIDEO GAMES |
| ☐ DOLLS | ☐ DRESS UP CLOTHES | ☐ GAMING ACCESSORIES |
| ☐ STUFFED ANIMALS | ☐ PROPS FOR MAKE BELIEVE | ☐ ELECTRONICS |
| ☐ ACTION FIGURES | ☐ PLAY FOOD | ☐ CHARGERS |
| ☐ | ☐ | ☐ |