

30 DAY DECLUTTER CHALLENGE & CHECKLIST BUNDLE

US LETTER SIZE • A4 • A5 • PDF PRINTABLE + FILLABLE PDF

DECLUTTER Checklist

MONTH: _____

KITCHEN

- ☐ PURGE UNUSED ITEMS IN CUPBOARD
- ☐ ORGANISE CUPBOARD LIDS AND TINS
- ☐ CLEAN CUPBOARD TOPS
- ☐ WASH FOOD STORAGE CONTAINERS
- ☐ ARRANGE FRUIT/VEG IN CUPBOARD
- ☐ CLEAN OUT REFRIGERATOR & FREEZER
- ☐ REVIEW REFRIGERATOR & FREEZER
- ☐ REMOVE UNNECESSARY JUNK STORAGE
- ☐ REMOVE UNNECESSARY JUNK STORAGE

BATHROOM

- ☐ DISCARD EXPIRED COSMETICS
- ☐ ORGANISE SHAMPOO & LOTION
- ☐ DISCARD EXPIRED COSMETICS
- ☐ DISCARD EXPIRED COSMETICS
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- ☐ DISCARD EXPIRED COSMETICS

NOTES/ADDITIONAL TASKS

DECLUTTER Checklist

MONTH: _____ YEAR: _____

30-DAY DECLUTTERING Challenge

MONTH: _____ YEAR: _____

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
KITCHEN	☐ Purge unused items in cupboards	☐ Organise your junk drawer	☐ Organise your junk drawer	☐ Clean out your refrigerator	☐ Go through your junk drawer
BEDROOM	☐ Sort through your clothes	☐ Organise your wardrobe	☐ Sort through your wardrobe	☐ Organise your wardrobe	☐ Go through your wardrobe
LIVING ROOM	☐ Sort through your books	☐ Organise your books	☐ Sort through your books	☐ Organise your books	☐ Go through your books
BATH ROOM	☐ Sort through your toiletries	☐ Organise your toiletries	☐ Sort through your toiletries	☐ Organise your toiletries	☐ Go through your toiletries
OFFICE	☐ Sort through your papers	☐ Organise your papers	☐ Sort through your papers	☐ Organise your papers	☐ Go through your papers
GARAGE	☐ Sort through your tools	☐ Organise your tools	☐ Sort through your tools	☐ Organise your tools	☐ Go through your tools

30-DAY DECLUTTERING Challenge

MONTH: _____ YEAR: _____

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
KITCHEN	☐	☐	☐	☐	☐
BEDROOM	☐	☐	☐	☐	☐
LIVING ROOM	☐	☐	☐	☐	☐
BATH ROOM	☐	☐	☐	☐	☐
OFFICE	☐	☐	☐	☐	☐
GARAGE	☐	☐	☐	☐	☐

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