

# FLYLADY AT A GLANCE

FLY! (FINALLY LOVING YOURSELF)

## ZONES - EVERY ROOM

- Clean Cobwebs
- Dust Windowsills
- Wash Windows - Inside & Out
- Dust & Wash Baseboards
- Sweep, Vacuum or Mop Floor
- Vacuum Under Furniture
- Spot Clean Walls & Switches
- Clean & Straighten Drawers & Closets
- Wash Light Fixtures
- Polish Wood Furniture
- Wash rugs
- Fertilize Plants
- Straighten Bookcase
- Wash Garbage Can
- Wash Decorations/Ornaments

## ZONE - KITCHEN

- Clean Under Sink
- Spot Clean Cabinets
- Clean Hood/Vent
- Wash Canisters/Knick Knacks
- Clean Fridge & Freezer
- Clean Appliances
- Clean Pet Dishes

## BATHROOM

- Wash Shower Door/Curtain
- Clean Medicine Cabinet
- Clean Scale
- Throw Away Empty Bottles
- Scrub Bath Toys

## BEDROOM

- Flip Mattress
- Wash Mattress Pad
- Wash Children's Toys
- Wash Bedding - Duvets & Quilts
- Sort outgrown clothes

### Note from FlyLady:

\*Babysteps: Always remember:

**BabySteps!** I do not want you to be burned out by doing too much too fast. We all want it done right now. We will eventually have a clean and organized home, but first we have to learn some routines. Do a little every day."

You are awesome! Fly!