

SMALL ROUTINES FOR A CALMER HOME

Zone Cleaning & Household Routines Binder

Zones, daily resets, weekly routines, room checklists, declutter pages
and a 30-day reset in one fillable binder.

US Letter · Free sample

Household

Start date

My focus this month

My Home Zones

Zones split your home into four to six areas so you focus on one at a time. Group rooms in a way that makes sense for you.

Zone 1

Name _____

Rooms

Zone 2

Name _____

Rooms

Zone 3

Name _____

Rooms

Zone 4

Name

Rooms

Zone 5

Name

Rooms

Zone 6

Name

Rooms

Notes on how I grouped my zones

DAILY

Daily Reset Routine

A short reset at the start and end of the day. Aim for about 15 minutes each.

Morning reset

Make the bed

— Dishes and counters

— Quick bathroom wipe

— Start a load of laundry

Check the day plan

One zone task

Evening reset

Clear the kitchen

— Tidy the living area

— Set out tomorrow items

— Run or empty the dishwasher

Quick floor check

Lights and doors

Day	Morning done	Evening done	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			