



Check List to Eliminate 25 Thing Per Week

Areas/Things to Clear

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| <ul style="list-style-type: none"> • Bathroom • Cabinets • Bathroom • Drawers • Board Games/Puzzles • Books/Cookbooks • Candles • Cleaning • Products/Supplies • Coupons/Restaurant Menus • Craft/Gift Supplies • Dresses/Skirts • DVDs/CDs • Entry/Coat Closet(s) • Files (Mail, Letters, Manuals, etc.) • Freezer (Old/Expired Items) | <ul style="list-style-type: none"> • Garage • Gardening Supplies • Hair Supplies • Hall Closet(s) • Hats • Jackets • Junk Drawers • Kitchen Cabinets • Kitchen Drawers • Light Bulbs • Magazines • Medicine Cabinet • Pajamas • Pants • Party Supplies • Pet Supplies • Picture Frames • Pictures/Photo Albums • Purses/Backpacks | <ul style="list-style-type: none"> • Recipes • Refrigerator (Old/Expired Items) • Scarves/Neck Ties • Scrapbooks and Supplies • Shirts Socks • Spice Cabinet (Old/Expired Items) • Swimwear • Toiletries (Daily) • Toiletries (Travel) • Tool Shed • Towels • Toys • Undergarments • Vases |
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Track Your Progress Here – Write Down the Number of Total Items Eliminated Each Week

Month #1 - Week 1: _____ Week 2: _____ Week 3: _____ Week 4: _____ TOTAL: _____

Month #2 - Week 1: _____ Week 2: _____ Week 3: _____ Week 4: _____ TOTAL: _____

Month #3 - Week 1: _____ Week 2: _____ Week 3: _____ Week 4: _____ TOTAL: _____

Month #4 - Week 1: _____ Week 2: _____ Week 3: _____ Week 4: _____ TOTAL: _____

Month #5 - Week 1: _____ Week 2: _____ Week 3: _____ Week 4: _____ TOTAL: _____

To continue eliminating and minimizing, print a new form as needed.