





ULTIMATE



DECLUTTERING CHECKLIST







CUT-OUT LABELS

Tape them on boxes as you declutter



WEEKLY TRACKER

Plan your progress each week by room, & track boxes to stay organized





ROOM-BY-ROOM CHECKLIST

Tackle the top problem areas in each room, FAST









WEEKLY

DECLUTTERING PLAN

Track your decluttering progress by the week and room!

	ROOM: Bedroom	ROOM:	ROOM:	NOTES
	Dresser drawers			
۱ #۷	Nightstands			
WEEK#	Under bed			
	Armoire			
	Closet			
	Countertops			
	ROOM:	_ ROOM:	ROOM:	NOTES
#>				
WEEK#				
>				
	ROOM:	ROOM:	ROOM:	NOTES
WEEK#				

WEEKLY

DECLUTTERING PLAN

Track your decluttering progress by the week and room!

	ROOM:	_ ROOM:	ROOM:	NOTES
WEEK#				
WEEK#	ROOM:	ROOM:	ROOM:	NOTES
WEEK#	ROOM:	ROOM:	ROOM:	NOTES

FOR EVERY ROOM

GARAGE		
Deep Freezer		# OF BOXES
Tools/workbench		Donate
Lawn & garden supplies or decor		Sell
Automobile supplies		
Storage cabinets, bags, or boxes		
LAUNDRY ROOM/ MUD R	OOM	
Storage cabinets		# OF BOXES
Shelves/racks		Donate
Detergents & cleaners		Sell Discard
Bed sheets & linens		
Towels & cleaning supplies		
NOTES		

FOR EVERY ROOM

KITCHEN	
Old food, spices & condiments	# OF BOXES
Old containers, cups, or dishes	
Duplicate/broken/non-working gadgets or supplies	Donate Sell
Scratched nonstick pots/pans	Discard
Cabinets & drawers	
Cleaning supplies & old bags	
Food in fridge/freezer	
IVING ROOM	
Finished books/magazines	# OF BOXES
Unwanted décor & near- empty candles	Donate
Personal items left behind	Sell ———— Discard
Damaged/old movies & games	
Tabletops & shelves	
NOTES	

FOR EVERY ROOM

DINING ROOM		,
Unwanted china & glassware		# OF BOXES
Old or unwanted dining utensils Buffet table		Donate
Table linens Cabinets & drawers		Discard
UEST BATHROOM		
Closet		 # OF BOXES
Cleaning supplies & handsoap		 Donate
Paper supplies		 Sell Discard
Under sink storage		 Discara
Drawers & shelves		
NOTES		

FOR EVERY ROOM

_ # OF BOXES Donate Sell
_ Sell
Discard
_
OF BOXES
_ _ Donate
Sell <u> </u>
_
_

FOR EVERY ROOM

Medicine cabinet/drawers Expired or half-used makeup/toiletries Unused appliances & cosmetics Under sink & in-shower storage Old linens, shower curtains, & bath mats	_ # OF BOXES Donate Sell Discard
ATHROOM #2 Medicine cabinet/drawers Expired or half-used makeup/toiletries Unused appliances & cosmetics Under sink & in-shower storage Old linens, shower curtains, & bath mats	
Expired or half-used makeup/toiletries Unused appliances & cosmetics Under sink & in-shower storage Old linens, shower curtains, & bath mats	_
Expired or half-used makeup/toiletries Unused appliances & cosmetics Under sink & in-shower storage Old linens, shower curtains, & bath mats	
makeup/toiletries Unused appliances & cosmetics Under sink & in-shower storage Old linens, shower curtains,	# OF BOXES
cosmetics Under sink & in-shower storage Old linens, shower curtains, & bath mats	_ Donate
Old linens, shower curtains, & bath mats	Sell - Discard
& bath mats	_
OTES	_

FOR EVERY ROOM

Closet & Under bed storage # OF BOXES Old/unwanted clothes, accessories, & bedding Donate Sell Discard Discard Discard Discard Discard Discard Discard Donate Sell Discard Discard Discard Donate Donate Discard Discard Donate Discard Discard Discard Discard Discard Discard Discard Discard Discard Donate Discard Donate Discard Donate Donate Donate Donate Donate Discard Discard Discard Dold linens, shower curtains, & bath mats	Old/unwanted clothes, accessories, & bedding Unwanted/non-useful décor Nightstands, shelves, & Discard Donate Sell Discard Throom #3 Medicine cabinet/drawers Expired or half-used makeup/toiletries Unused appliances & cosmetics Under sink & in-shower storage Old linens, shower curtains, & bath mats	EDROOM #3				
Medicine cabinet/drawers # OF BOXES Expired or half-used Donate Sell Sell Discard Unused appliances & Discard Discard Old linens, shower curtains,	Medicine cabinet/drawers Expired or half-used makeup/toiletries Unused appliances & Sell Discard Under sink & in-shower storage Old linens, shower curtains, & bath mats	Old/unwanted clothes, accessories, & bedding Unwanted/non-useful décor Nightstands, shelves, & tabletops			Donate Sell	
Unused appliances & Sell cosmetics Under sink & in-shower storage Old linens, shower curtains,	Unused appliances & Sell cosmetics Under sink & in-shower storage Old linens, shower curtains,	Expired or half-used				XES
	IOTES	Unused appliances & cosmetics Under sink & in-shower storage Old linens, shower curtains,				

FOR EVERY ROOM

HOME OFFICE	
Desktop décor & papers	# OF BOXES
Old files (past 7 years for taxes)	
Duplicate/broken pens	Donate Sell
Old printer ink, notebooks, & tech gadgets	Discard
Expired coupons, old business & membership cards	
ASEMENT/ATTIC	
Old or broken appliances	# OF BOXES
Gift bags, holiday décor	Donate
Luggage & suitcases	Sell
Family items you don't need	——————————————————————————————————————
NOTES	

FOR EVERY ROOM

BEDROOM #4	oradi
Closet & Under bed storage Old/unwanted clothes, accessories, & bedding Unwanted/non-useful décor Nightstands, shelves, & tabletops Dresser drawers	# OF BOXES Donate Sell Discard
BATHROOM #4 Medicine cabinet/drawers Expired or half-used makeup/toiletries Unused appliances & cosmetics Under sink & in-shower storage Old linens, shower curtains, & bath mats	# OF BOXES Donate Sell Discard





SELL



SELL



SELL



SELL



SELL



SELL



SELL



SELL



SELL



DISCARD





DISCARD





DISCARD





DISCARD





DISCARD





DISCARD





DISCARD





DISCARD





DISCARD





DISCARD









DONATE



DONATE



DONATE



DONATE



DONATE



DONATE



DONATE



DONATE



DONATE

