



Advocates and Angels

supporting you stage by stage,
step by step

#Thecaterpillarclub

CLEANING ROTA

MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

Cleaning ideas that need to be done this week, then add them to the grid above

LIVING ROOM

DINING ROOM

KITCHEN

BATHROOM

BEDROOM

CAR/VAN

FRIDGE/FREEZER

WINDOWS

STAIRS

HALLWAY

BEDDING

GARDEN

EQUIPMENT

WHEELCHAIR

FILTER CHANGES
