









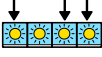







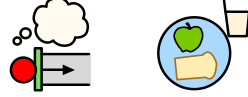

















  
 Weekly cleaning log







  
 This week, think about what household cleaning you do? Perhaps






  
 this week you could help out with some you don't usually do.


  
 Cross them off.

 Washing	 Making your bed	 Laying the table
 Preparing breakfast	 Preparing lunch	 Preparing dinner
   Washing up or loading the dishwasher	 Putting clean dishes away	 Dusting
 Hoovering	 Taking out the recycling	 Taking out the normal waste
 Washing the car (if relevant)	 Walking the dog (if relevant)	 Cleaning the bathroom
 Cleaning the kitchen sides	 Watering the plants	 What else do you do?