

Kitchen

Protect the next meal.

MINIMUM — restore one essential function

- Clear one food-prep surface.
- Move dishes to the sink or dishwasher.
- Remove obvious food waste and trash.

STANDARD — close the short route

- Put away food that needs refrigeration.
- Load or group the current dishes.
- Return the few items blocking the prep area.
- Wipe the recovered surface and sink edge.
- Set out one item needed for the next meal.

STOP: Stop when one prep area and the dish route work.

Bathroom

Restore safe daily use.

MINIMUM — restore one essential function

- Open the route to the toilet and sink.
- Remove obvious trash and used linens.
- Make the toilet and sink usable.

STANDARD — close the short route

- Put laundry in its next container.
- Return daily products to one easy place.
- Wipe the sink, counter, and toilet as needed.
- Replace the hand towel if needed.
- Check one essential supply before leaving.

STOP: Stop when the fixtures and walking route can be used.

Entryway

Protect the route in and out.

MINIMUM — restore one essential function

- Open the door and walking path.
- Place keys in their known home.
- Set the next necessary carry item by the exit.

STANDARD — close the short route

- Move shoes, coats, and bags to their homes.
- Route mail to recycle, action, or file.
- Group returns and donations separately.
- Remove items that belong in another room.
- Prepare tomorrow's one outgoing item.

STOP: Stop when the door, path, and next departure work.

Bedroom

Protect sleep and tomorrow morning.

MINIMUM — restore one essential function

- Open a path from the door to the bed.
- Make enough of the bed usable tonight.
- Move obvious laundry to one container.

STANDARD — close the short route

- Put clean clothing into its easiest home.
- Clear the bedside area for sleep essentials.
- Return dishes and food to the kitchen.
- Place out-of-room items in one travel basket.
- Prepare one item needed tomorrow morning.

STOP: Stop when sleep, the path, and the morning cue are ready.

Shared Space

Restore one place to gather.

MINIMUM — restore one essential function

- Open one walking route.
- Clear one useful seat or activity surface.
- Remove cups, dishes, and obvious trash.

STANDARD — close the short route

- Fold or contain blankets and soft items.
- Return remotes, chargers, and daily devices.
- Collect out-of-room items in one basket.
- Reset one shared activity: reading, play, or TV.
- Ask whether the protected function now works.

STOP: Stop when one route, one seat, and one shared use work.

Use one card, one route, one stop line

1. Choose the room with today's clearest consequence.
2. Choose Minimum or Standard before starting.
3. Close each exit instead of making new floor piles.
4. Stop at the printed line or deliberately choose more.
5. Keep one clean master copy for reprinting.

Safety comes first. Stop for sharps, unknown chemicals, pests, unstable objects, extensive mold or water damage, or anything outside an ordinary household reset.