

30-Day Declutter Calendar

How to use: Each day is one focused task — 10 to 20 minutes. Shaded cells are weekly review days. Check the box when done. Miss a day? Do it the next day; the calendar doesn't restart.

	MON	TUE	WED	THU	FRI / WKND
Wk 1	1 Grab a box. Walk through every room & drop in obvious trash only. ☐	2 Kitchen counters: everything off that doesn't earn its place. ☐	3 Junk drawer: empty it, sort into keep/toss/rehome. ☐	4 Fridge & freezer: discard expired items, wipe one shelf. ☐	5 Pantry: remove duplicates, expired tins, and things you won't eat. ☐
Wk 2	6 Wardrobe pass 1: pull anything obviously too small, worn out, or unworn 2+ yrs. ☐	7 Wardrobe pass 2: shoes — keep only pairs in rotation & one "special occasion." ☐	8 Linen cupboard: one set per bed + one spare. Out-of-rotation sets donate. ☐	9 Bathroom cabinet: expired medicines, half-used products you don't use. ☐	10 Under the sink (bathroom): duplicates, dry-out products, empty bottles. ☐
Wk 3	11 Living room: surfaces only. Every item must have a home or leave. ☐	12 Books: keep what you'll reread or are actively reading. Donate the rest. ☐	13 Media & cables: broken chargers, obsolete cables, unused devices. ☐	14 Paper pass 1: shred what's not needed. File anything with a future use. ☐	15 — Midpoint check Count donation bag/boxes ready to leave. Log items on Donation Tracker. Drop off this week. ☐
Wk 4	16 Home office or desk zone: pens, stationery, supplies — test & cull. ☐	17 Bags & totes: keep 3–4 in rotation max. Donate the rest. ☐	18 Kids' zone or shared storage: broken toys, outgrown items, duplicates. ☐	19 Garage, shed, or utility space: broken tools, dried products, old paint. ☐	20 Sentimental box: set a one-box limit. What earns space inside it? ☐
Wk 5	21 Digital: delete apps you haven't opened in 60 days. Clear downloads folder. ☐	22 Subscriptions audit: list every paid subscription. Cancel two you don't need. ☐	23 Kitchen pass 2: gadgets & small appliances. If you haven't used it this year, out. ☐	24 Wardrobe pass 3: try on anything uncertain. Keep only what fits & feels good. ☐	25 Entryway final: hooks, shoe rack, coat storage — edit to what you actually use. ☐
Final	26 Paper pass 2: tackle the "to sort" pile that's been waiting. ☐	27 Walk every room with a box: anything that drifted back without a home. ☐	28 Anything "to sell": list it today or donate it. 14-day sales window is now. ☐	29 Final donation run: box in the car, drop-off today. Log on tracker before it goes. ☐	30 — Done Walk every room. Note what still needs a fixed home. Set one weekly reset habit. ☐

ITEMS DONATED

ITEMS TRASHED

DAYS COMPLETED
