

The 30-Day Declutter Challenge

Free Printable Checklist · For Small Homes · 15 Minutes a Day

Print this page, stick it on the fridge, and tick off one day at a time. Timer on, three boxes out (Keep · Move · Out) — and remember Rule 3: no buying storage until Day 30.

Week 1 — Surfaces & Entry

- ☐ **Day 1** — The Entryway Drop Zone
- ☐ **Day 2** — Kitchen Counters
- ☐ **Day 3** — The Coffee Table
- ☐ **Day 4** — The Nightstand
- ☐ **Day 5** — The Bathroom Counter
- ☐ **Day 6** — The Fridge Door and Top
- ☐ **Day 7** — The Dining Table

Week 2 — Storage Zones

- ☐ **Day 8** — The Junk Drawer
- ☐ **Day 9** — Pantry Shelves
- ☐ **Day 10** — The Under-Sink Cabinet
- ☐ **Day 11** — The Linen Cupboard
- ☐ **Day 12** — One Closet Shelf
- ☐ **Day 13** — The Under-Bed Zone
- ☐ **Day 14** — The Coat and Shoe Corner

Week 3 — The Hidden Piles

- ☐ **Day 15** — The Wardrobe Edit
- ☐ **Day 16** — The Paperwork Pile
- ☐ **Day 17** — Books and Magazines
- ☐ **Day 18** — Kids' and Pet Clutter
- ☐ **Day 19** — The Cables and Chargers Drawer
- ☐ **Day 20** — The Medicine and First-Aid Expiry Check
- ☐ **Day 21** — The Storage Corner — or the Suitcase

Week 4 — Rooms Reset

- ☐ **Day 22** — The Kitchen Deep Reset
- ☐ **Day 23** — The Bathroom Deep Reset
- ☐ **Day 24** — The Bedroom Reset
- ☐ **Day 25** — The Living Room Reset
- ☐ **Day 26** — The Home Office and Desk Reset
- ☐ **Day 27** — The Laundry Zone

☐ **Day 28** — The Digital Declutter

The Finale

☐ **Day 29** — The Donation Drop

☐ **Day 30** — The Keep-It-Gone Systems Day

The Three Rules

1. Fifteen minutes a day, timer on. When the timer ends, you stop — and put back only what earned its place.

2. The three-box method, every day. Keep (stays in this zone) · Move (belongs in another room) · Out (donate, recycle, bin). No fourth “decide later” box.

3. No buying storage until Day 30. Declutter first with boxes and bags you already own — then buy only for what survived.

Missed a day? Don't double up — just slide the calendar and pick up the next unfinished day.

HomiBloom.com — Simple Ideas to Make Your Home Bloom

Full challenge with every day's method: homibloom.com/30-day-declutter-challenge-small-homes/