



MY GOAL

15 MINUTE SPEED CLEAN

A daily challenge to set a timer and speed clean your home.

TIPS: Choose an area of focus, grab a basket and a trash bag. Gather cleaning supplies in a bucket. Set a timer for 15 minutes. Put all trash in bag and all items to be taken to different rooms in the basket. Move quickly clearing the area, then clean.

SUGGESTED GOAL PAIRINGS: 30 Bags in 30 Days - Deep Cleaning Challenge

PROGRESS: For every day you complete your 15 minutes of speed cleaning, color in the box.

A calendar grid for tracking progress over 30 days. The grid has a green header with the text '15 MINUTE SPEED CLEAN' and two black punch holes. The grid itself is a 6x5 table of white boxes with green numbers from 1 to 30. The numbers are arranged in rows: 1-5, 6-10, 11-15, 16-20, 21-25, and 26-30.

15 MINUTE SPEED CLEAN				
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30