

# Minimal Clean Method Starter Checklist

A simple, low-stress way to begin cleaning with fewer products, gentler methods, and routines that fit real life. Use this checklist as a guide — not a rulebook.

- Declutter cleaning supplies and remove duplicates
- Choose a small set of versatile, reusable tools
- Decide on a low-tox approach that works for your household
- Create one short daily reset habit
- Establish a light weekly cleaning rhythm
- Store cleaning tools where you actually use them
- Adjust routines as your schedule or season changes

Simple systems last longer than perfect ones.