

# 30-DAY DECLUTTER CHALLENGE

**FREE PRINTABLE CALENDAR**

**Transform your home one small step at a time!**

This 30-day challenge breaks down the overwhelming task of decluttering into simple, manageable daily missions. Spend just 15-20 minutes each day following the calendar. Check off each task as you complete it, and by Day 30, you'll have a cleaner, calmer, and more organized home.

## **HOW TO USE THIS CALENDAR**

1. Print this calendar and hang it where you'll see it daily (fridge door works great!)
2. Each day, complete the assigned decluttering task (just 15-20 minutes)
3. Check off the box when you finish -- crossing things off feels amazing!
4. Use 3 containers: KEEP, DONATE, and TRASH to sort items as you go
5. Donate bags within 48 hours -- don't let them sit around
6. Take before & after photos to stay motivated!

## **SUPPLIES YOU'LL NEED**

Garbage bags | 3 boxes or bags (Keep / Donate / Trash) | A timer | This calendar!

**Tip: Set a daily phone alarm as your "declutter reminder" so you never skip a day.**

# 30-DAY DECLUTTER CHALLENGE

## WEEK 1: QUICK WINS & SMALL SPACES

### Day 1 Junk Drawer

Empty it completely. Keep only essentials. Toss the rest.

### Day 2 Spice Cabinet

Throw out expired spices and duplicates.

### Day 3 Under Bathroom Sink

Toss old products, expired meds, empties.

### Day 4 Wallet / Purse

Remove old receipts, expired cards, trash.

### Day 5 Kitchen Counter

Clear it completely. Only keep daily-use items.

### Day 6 Medicine Cabinet

Safely dispose of all expired medications.

### Day 7 Entryway / Mudroom

Sort shoes, coats, bags. Donate extras.

## WEEK 2: KITCHEN & LIVING AREAS

### Day 8 Refrigerator

Check expiration dates. Wipe down shelves.

### Day 9 Under Kitchen Sink

Consolidate cleaning supplies. Toss empties.

### Day 10 Tupperware & Lids

Match every container to a lid. Recycle the rest.

### Day 11 Pantry Shelves

Group by category. Remove expired food.

### Day 12 Living Room

Remove all items that don't belong in this room.

### Day 13 Bookshelf

Donate books you've read and won't revisit.

### Day 14 Paper Clutter

Sort mail, file important docs, recycle the rest.

# 30-DAY DECLUTTER CHALLENGE

## WEEK 3: BEDROOMS & PERSONAL SPACES

**Day 15 Nightstand**  
Keep only sleep essentials. Clear everything else.

**Day 16 Bedroom Closet**  
Remove anything unworn for 12+ months. Donate.

**Day 17 Dresser Drawers**  
Fold, organize, and purge what doesn't fit.

**Day 18 Sock & Underwear Drawer**  
Toss anything stretched out, holey, or mismatched.

**Day 19 Jewelry & Accessories**  
Untangle, sort, donate what you never wear.

**Day 20 Kids / Guest Room**  
Clear surfaces, sort toys, donate outgrown items.

**Day 21 Under the Beds**  
Pull everything out. Only put back what matters.

## WEEK 4: DIGITAL, DEEP SPACES & FINAL PUSH

**Day 22 Digital Declutter**  
Delete unused apps, old photos, unsubscribe emails.

**Day 23 Your Car**  
Empty trash, clean glove box, organize trunk.

**Day 24 Linen Closet**  
Keep 2 sheet sets per bed. Donate extras.

**Day 25 Craft / Hobby Supplies**  
Toss dried-out markers, old materials, broken items.

**Day 26 Electronics & Cords**  
Recycle old devices. Label or toss mystery cords.

**Day 27 Cleaning Supplies**  
Consolidate duplicates. Toss empties.

**Day 28 Garage / Storage**  
Sort into keep, donate, trash zones.

**Day 29 Pots, Pans & Bakeware**  
Keep your favorites. Donate the rest.

## Day 30 -- Final Walkthrough!

YOU DID IT! Your home is transformed!