Declutter Quest

Start date _____

30-Day Declutter Challenge

One small spot a day, about 15 minutes. Missed a day? Just do the next one.

How it works

1. Set a timer for 15 minutes
2. Clear the spot for the day
3. Bag it: donate, sell, recycle, trash
4. Get the bags out this week
5. Check off the day

Week 1: quick wins · Week 2: clothes · Week 3: paper and gadgets · Week 4: bigger spots

Day 1 ☐
The junk drawer
items _____

Day 2 ☐
Fridge and freezer: anything expired
items _____

Day 3 ☐
Pantry and spices: anything expired
items _____

Day 4 ☐
Bathroom cabinet: old products and samples
items _____

Day 5 ☐
Mugs and water bottles
items _____

Day 6 ☐
Food containers without lids
items _____

Day 7 ☐
Coat closet and entryway
items _____

Day 8 ☐
Socks and underwear
items _____

Day 9 ☐
T-shirts and tops
items _____

Day 10 ☐
Shoes
items _____

Day 11 ☐
Bags and purses
items _____

Day 12 ☐
Jackets and coats
items _____

Day 13 ☐
Workout clothes
items _____

Day 14 ☐
Sheets and towels
items _____

Day 15 ☐
The mail and paper pile
items _____

Day 16 ☐
Old receipts and manuals
items _____

Day 17 ☐
Cables, chargers and old phones
items _____

Day 18 ☐
Books
items _____

Day 19 ☐
Magazines, cards and catalogs
items _____

Day 20 ☐
Pens and office supplies
items _____

Day 21 ☐
Toys or hobby supplies
items _____

Day 22 ☐
Under the bed
items _____

Day 23 ☐
Under the kitchen sink
items _____

Day 24 ☐
Kitchen gadgets you never use
items _____

Day 25 ☐
Living room decor and knickknacks
items _____

Day 26 ☐
Holiday decorations
items _____

Day 27 ☐
One shelf in the garage or storage
items _____

Day 28 ☐
The car
items _____

Day 29 ☐
Nightstand and dresser top
items _____

Day 30 ☐
Walk through the house: one last bag
items _____

Count every item you let go with Declutter Quest for iPhone and Android: **risio.us/dq**

Where it went

Donated _____

Sold _____

Recycled _____

Trash _____

Total _____

Money from selling _____

Maybe box

Not sure about something? Box it, write the date, and decide when the date comes. Still haven't missed it? Let it go.

Boxed on _____

Decide on _____

Want a bigger challenge? The 30-day minimalism game

Let go of 1 item on day 1, 2 on day 2, and so on. By day 30 that's 465 items. Cross off each day you finish.

Day 1 total 1	**Day 2** total 3	**Day 3** total 6	**Day 4** total 10	**Day 5** total 15	**Day 6** total 21	**Day 7** total 28	**Day 8** total 36	**Day 9** total 45	**Day 10** total 55
Day 11 total 66	**Day 12** total 78	**Day 13** total 91	**Day 14** total 105	**Day 15** total 120	**Day 16** total 136	**Day 17** total 153	**Day 18** total 171	**Day 19** total 190	**Day 20** total 210
Day 21 total 231	**Day 22** total 253	**Day 23** total 276	**Day 24** total 300	**Day 25** total 325	**Day 26** total 351	**Day 27** total 378	**Day 28** total 406	**Day 29** total 435	**Day 30** total 465

Spots for next month