30-Day Declutter Challenge

Free starter pages - US Letter - print at home

One small task a day for 30 days.

Each task takes 10 to 30 minutes. No big weekend marathons.

HOW IT WORKS

1. Pick a start date below and print pages 2 and 3.
2. Each day, do that day's task. Set a timer for the minutes shown.
3. Sort what you find into Keep, Donate or Trash (see the key below).
4. Tick the box and write how many items left the house.

3 RULES

1. **Keep it small.**
   Set a timer for the minutes shown. When it rings, you are done for today.
2. **Donate it the same day.**
   Keep a donate box by the door. Take whatever goes in it out of the house the same day, so it does not creep back in.
3. **Missed a day? Just carry on.**
   Do the next task. Do not try to catch up all at once.

SORT EVERYTHING INTO ONE OF THREE PILES

Keep
Used in the past year, or truly loved. It gets a proper home.

Donate
Good condition, but not for you now. It goes in the donate box.

Trash
Broken, expired or worn out. Recycle what you can.

START DATE

WHY I AM DECLUTTERING

Days 1-15

Tick the box and write how many items left the house

DAY	TASK	TIME	ITEMS OUT	DONE
1	**Junk drawer** Toss dead pens, old menus and loose batteries.	10 min		☐
2	**Expired food in the pantry** Check every date. Donate unopened food you will not eat.	15 min		☐
3	**Bathroom cabinet: expired products** Old sunscreen, makeup, medicine and free samples.	15 min		☐
4	**Kitchen utensil drawer** Keep one of each tool. Remove duplicates and broken items.	10 min		☐
5	**Refrigerator shelves and door** Throw out old sauces, condiments and leftovers.	15 min		☐
6	**Coffee mugs and water bottles** Keep what you use every week. Donate the rest.	10 min		☐
7	**Shoes by the front door** Donate pairs that hurt, are worn out or never get worn.	15 min		☐
8	**Sock and underwear drawer** Toss anything with holes or without its pair.	10 min		☐
9	**Tops and T-shirts** Keep what fits and feels good. Donate the rest.	25 min		☐
10	**Pants, jeans and skirts** Donate anything that no longer fits or never gets worn.	25 min		☐
11	**Coats, scarves and gloves** Check the hall closet and the coat hooks.	20 min		☐
12	**Bedside table** Clear old cups, receipts and half-used lotions.	10 min		☐
13	**Under-the-bed storage** Pull everything out. Put back only what you use.	20 min		☐
14	**Mail and paper pile** Sort into act, file and shred. Recycle the rest.	30 min		☐
15	**Old receipts and papers** Shred old receipts. Keep tax and warranty papers.	20 min		☐

Days 1-15 add up to about 4 h 10 min in all.

Days 16-30

Tick the box and write how many items left the house

DAY	TASK	TIME	ITEMS OUT	DONE
16	**Phone: unused apps** Delete every app you have not opened in 3 months.	15 min		☐
17	**Phone photos: blurry shots and duplicates** Delete at least 50 blurry or duplicate shots.	30 min		☐
18	**Email inbox: unsubscribe** Unsubscribe from 10 senders you never read.	20 min		☐
19	**Computer desktop and downloads** Delete or file everything sitting on the desktop.	20 min		☐
20	**Food containers and lids** Match every lid. Recycle containers without one.	15 min		☐
21	**Spice rack** Toss spices that have lost their smell.	15 min		☐
22	**First aid kit and medicine basket** Replace what has expired. Keep the basics.	15 min		☐
23	**Linen closet: towels and sheets** Keep two sheet sets per bed. Donate worn-out extras.	20 min		☐
24	**Books and magazines** Donate books you will not read again.	25 min		☐
25	**Craft and hobby supplies** Keep what you will use this year. Donate the rest.	25 min		☐
26	**Car: glovebox and trunk** Remove trash, old maps and loose items.	20 min		☐
27	**Cleaning supplies cupboard** Combine half-empty bottles. Toss dried-out ones.	15 min		☐
28	**Cables, chargers and old gadgets** Recycle cords and devices you no longer use.	20 min		☐
29	**Bags and purse** Empty them out. Keep only what you carry daily.	10 min		☐
30	**Final walk-through** Walk every room once and collect anything you missed.	30 min		☐

Days 16-30 add up to about 4 h 55 min in all.

Want the complete set?

Complete Home Reset Kit

25 pages - coming soon

Planned for the complete kit:

- Room-by-room checklists for the whole home
- A donate and sell tracker
- A maintenance routine to keep things tidy
- A weekly reset page

All free printables, anytime:

printly-plans.pages.dev

Your free pages are yours to print as often as you like, for personal use.