



30 Day Decluttering Calendar

WEEK 1: Kitchen & Dining Areas						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Declutter kitchen cupboards, remove expired items and duplicates	Declutter kitchen drawers, remove unused utensils and tools	Clear countertops, remove all unnecessary appliances and items	Empty and declutter fridge and freezer, dispose of old food	Declutter pantry, remove expired items and excess duplicates	Clear dining area of accumulated clutter, sort through paper piles	Final kitchen declutter sweep, remove any remaining unnecessary items
WEEK 2: Living Areas						
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Declutter entertainment centre, remove unused electronics and media	Declutter bookshelves, remove unwanted and unread books	Remove accumulated clutter from coffee table and side tables	Declutter toys, remove broken and unused items	Sort through and remove old magazines and unnecessary papers	Declutter decorative items, remove items that no longer bring joy	Final living room declutter, remove any remaining unnecessary items
WEEK 3: Bedrooms & Closets						
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Declutter wardrobe, remove unworn and ill-fitting clothes	Declutter shoes, remove worn out and unused pairs	Declutter accessories, remove broken and unused items	Clear bedside tables of unnecessary items and old reading materials	Sort through under-bed storage, remove hidden clutter	Declutter linen cupboard, remove old and worn items	Final bedroom declutter, remove any remaining unnecessary items
WEEK 4: Bathroom, Office & Storage						
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Declutter bathroom cabinet, remove old toiletries and medicines	Declutter office space, clear paper piles and unused supplies	Sort through craft supplies, remove dried up and unused items	Declutter tools and DIY items, remove broken and duplicate items	Sort through holiday decorations, remove broken and unused items	Declutter photos and memorabilia, keep only meaningful items	Clear out garden tools, remove broken and rusty items
Day 29	Day 30					
Remove all unnecessary items from car	Final home declutter sweep, ensure all areas are cleared					