



Weekschema week 32



Slaapkamers

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| Bedden verschoneren | 0 0 0 0 |
| Stoffen/klamvochtig afnemen | 0 0 0 0 |
| Stofzuigen / dweilen | 0 0 0 0 |

Badkamer / wc

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| Stoffen/klamvochtig afnemen | 0 0 0 0 |
| Sanitair + wc soppen | 0 0 0 0 |
| WC borstel met houder | 0 0 0 0 |

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| Kranen, spiegels | 0 0 0 0 |
| Stofzuigen/dweilen | 0 0 0 0 |

Hal, trappen, overloop etc

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| Stoffen/klamvochtig afnemen | 0 0 0 0 |
| Deurmat uitkloppen | 0 0 0 0 |
| Stofzuigen/dweilen | 0 0 0 0 |

Keuken

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| Stoffen/klamvochtig afnemen | 0 0 0 0 |
| Losse spullen afwassen | 0 0 0 0 |
| Keukendeurtjes/bovenkant | 0 0 0 0 |

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| Achterwand aanrecht | 0 0 0 0 |
| Keukenapparatuur opruimen | 0 0 0 0 |

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| Afvalbakjes | 0 0 0 0 |
| Gootsteen/kraan | 0 0 0 0 |

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| Stofzuigen/dweilen | 0 0 0 0 |
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Woonkamer

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| Stoffen/klamvochtig afnemen | 0 0 0 0 |
| Stofzuigen/dweilen | 0 0 0 0 |

Buitenboel, administratie etc

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| Tuinklussen | 0 0 0 0 |
| Berging losse rommel / vegen | 0 0 0 0 |
| Administratie | 0 0 0 0 |

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| Kattenbak/kooien etc | 0 0 0 0 |
| Schoenen, jassen en tassen nalopen | 0 0 0 0 |

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| Oud papier, glaswerk etc wegbrengen | 0 0 0 0 |
| Kwartier opruimen in 1 vertrek | 0 0 0 0 |

Ochtendroutine

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| Momentje voor jezelf | 0 0 0 0 0 0 0 |
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| Douchen/aankleden | 0 0 0 0 0 0 0 |
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| Ramen open | 0 0 0 0 0 0 0 |
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| Beddengoed laten luchten | 0 0 0 0 0 0 0 |
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| Ontbijten/event medicijnen | 0 0 0 0 0 0 0 |
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| Event. lunch klaarmaken | 0 0 0 0 0 0 0 |
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| Ontbijttafel afruimen | 0 0 0 0 0 0 0 |
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| Afwassen/vaatwasser | 0 0 0 0 0 0 0 |
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| Aanrecht opruimen | 0 0 0 0 0 0 0 |
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| Niks vergeten om mee te nemen | 0 0 0 0 0 0 0 |
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Dagelijkse routine

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| WC opruimen | 0 0 0 0 0 0 0 |
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| Wastafel/kraan opruimen | 0 0 0 0 0 0 0 |
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| Opruimronde slaapkamers | 0 0 0 0 0 0 0 |
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| Opruimronde wc/badkamer | 0 0 0 0 0 0 0 |
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| Opruimronde trappen/overloop | 0 0 0 0 0 0 0 |
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| Opruimronde woonkamer | 0 0 0 0 0 0 0 |
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| Opruimronde (bij)keuken | 0 0 0 0 0 0 0 |
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| Opruimronde hal/overige ruimte | 0 0 0 0 0 0 0 |
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| Aanrecht opgeruimd houden | 0 0 0 0 0 0 0 |
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| Afwassen/vaatwasser | 0 0 0 0 0 0 0 |
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| Hand/thee/vaatdoek verschoneren | 0 0 0 0 0 0 0 |
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| Katten/kooien etc opruimen | 0 0 0 0 0 0 0 |
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| Wassen/drogen/vouwen | 0 0 0 0 0 0 0 |
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| Email/post openen | 0 0 0 0 0 0 0 |
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| Boodschappen | 0 0 0 0 0 0 0 |
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| Planten verzorgen | 0 0 0 0 0 0 0 |
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Reminders

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| Weekmenu maken | 0 0 0 0 0 0 0 |
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| Agenda nakijken | 0 0 0 0 0 0 0 |
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| Vlooiënbestrijding huisdieren | 0 0 0 0 0 0 0 |
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Avondroutine

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| Koken | 0 0 0 0 0 0 0 |
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| Tafel afruimen | 0 0 0 0 0 0 0 |
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| Afwassen/vaatwasser | 0 0 0 0 0 0 0 |
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| Aanrecht opruimen | 0 0 0 0 0 0 0 |
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| Doekje over kookplaat/afzuigkap | 0 0 0 0 0 0 0 |
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| Vegen/kruimeldief | 0 0 0 0 0 0 0 |
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| Event. lunch klaarmaken | 0 0 0 0 0 0 0 |
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| Iets uit de vriezer halen? | 0 0 0 0 0 0 0 |
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| E.e.a. voor morgen klaarleggen | 0 0 0 0 0 0 0 |
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| Afvalbakjes legen | 0 0 0 0 0 0 0 |
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| Email en agenda nakijken | 0 0 0 0 0 0 0 |
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| Relaxen | 0 0 0 0 0 0 0 |
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Poetsklus voor deze week

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| Deze week is het superpoets! | 0 0 0 0 0 0 0 |
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| Afvalbakje wc schoonmaken | 0 0 0 0 0 0 0 |
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| Kraantje wc event. ontkalken | 0 0 0 0 0 0 0 |
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| Handje soda + kokend water door | |
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| afvoeren wc gieten | 0 0 0 0 0 0 0 |
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| Voorraad wc papier etc checken | 0 0 0 0 0 0 0 |
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| Tegels WC schoonmaken | 0 0 0 0 0 0 0 |
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| Voeg- en kitrand wc schoonmaken | 0 0 0 0 0 0 0 |
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| Keukenkraan + event. quooker | |
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| ontkalken indien nodig | 0 0 0 0 0 0 0 |
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| Kl huish. app ontkalken/schoonmkn | 0 0 0 0 0 0 0 |
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| Vaatwasser reinigen/ontkalken | 0 0 0 0 0 0 0 |
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| Magnetron schoonmaken | 0 0 0 0 0 0 0 |
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| Lectuurmand opschonen | 0 0 0 0 0 0 0 |
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