The Shift-Cycle Cleaning Routine

Anchored to where you are in the roster, not to days of the week, so it survives a moving pattern.

> Protect the sleep day absolutely. A routine that eats into recovery is a loan, and you pay it back in the second half of the roster.

BY POSITION IN THE CYCLE

- [ ] Work day: the ten-minute minimum only
- [ ] Last work day of a run: kitchen properly, one wash moved on
- [ ] First day off after nights: NOTHING. This is a sleep day
- [ ] Second day off: the one bigger block for this cycle
- [ ] Any day off: the ten-minute reset still happens

THE FOUR BLOCKS, ONE PER CYCLE

- [ ] Bathrooms properly
- [ ] Floors throughout
- [ ] Kitchen beyond the daily: fronts, hob, one appliance
- [ ] Bedrooms and change the bed

THE TEN-MINUTE MINIMUM

- [ ] Kitchen surfaces and the sink
- [ ] One load of washing moved one stage
- [ ] Anything that will smell by tomorrow

NOTES

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