Daily Minimum Checklist

The few things that keep a home safe and liveable. Everything else is optional today.

Essentials (protect health and safety)

- [ ] Chilled food in the fridge · use-by dates checked on anything I eat
- [ ] Hands washed and prep spot wiped before handling food
- [ ] Dishes for the next meal washed or loaded
- [ ] Toilet flushed · spare loo roll within reach
- [ ] Smelly or full bins tied and out
- [ ] Walkways and stairs clear of trip hazards
- [ ] Medicines and chemicals stored safely
- [ ] Clean-enough clothes for tomorrow

Helpful (makes tomorrow easier), if there's energy

- [ ] One load of laundry moved one step on
- [ ] Five-minute reset in the room I use most
- [ ] Keys, phone, charger and meds in the landing spot
- [ ] Window open for ten minutes

> **If the essentials are done, today counts. Rest is a valid choice.**

Food guidance: Food Standards Agency (fridge 0–5°C; leftovers within 48 hours; use-by = safety). Checked 25 Nov 2026.

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