



April Spring Cleaning Challenge

Dedicate time each day to spring cleaning! Give yourself a check mark for each day you participate and return your completed calendar for a chance to win a prize. Include your name and email to be entered in the draw.

Name: _____ Email: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Delete old apps	2 Delete old photos from your phone	3 Clean and organize pantry	4 Clean and organize fridge	5 Organize under the kitchen sink	6 Clean out and defrost freezer
7 Purge CD/DVD collection	8 Organize front hall closet	9 Clear and organize home desk	10 Clear and organize office desk	11 Wash shower curtains	12 Get rid of expired medicine	13 Simplify toiletries and make-up
14 Clean out your car	15 Organize under the bathroom sink	16 Declutter nightstand	17 Donate old books	18 Wash patio furniture	19 Good Friday	20 Garage Part 1 – donate items
21 Garage Part 2 – organize what's left	22 Organize kitchen utensil drawer	23 Clean out purse or work bag	24 Purge one junk drawer	25 Donate old board games	26 Clean out your wallet	27 Go through old shoes
28 Organize/purge plastic wear	29 Review inbox and unsubscribe	30 Purge social media following lists				

Submit completed calendar to: wellnessatwork@uoguelph.ca or drop-off at HR with attention to Sarah Josse.