

KITCHEN KETTLE

FIVE MINUTES BETTER

Incidental time tasks

While your kettle is boiling pick a task below to progress.

Day	Five Minutes Better Task	Category	Check
1	Discard expired spices	Clear	<input type="checkbox"/>
2	Stack your dishwasher	Clean	<input type="checkbox"/>
3	Empty your dishwasher	Clean	<input type="checkbox"/>
4	Store your empty containers with their lids on	Organise	<input type="checkbox"/>
5	Wipe down your fridge door	Clean	<input type="checkbox"/>
6	Line the top of your fridge with paper towel to collect the dust	Clean	<input type="checkbox"/>
7	Find three items to donate to a foodbank	Clear	<input type="checkbox"/>
8	Clear three items from your "junk" drawer (utility drawer)	Clear	<input type="checkbox"/>
9	Wipe down the front of your dishwasher	Clean	<input type="checkbox"/>
10	Check your drink bottles for donations	Clear	<input type="checkbox"/>
11	Empty crumbs from your toaster	Clean	<input type="checkbox"/>
12	Decant pastas and cereals into jars	Organise	<input type="checkbox"/>
13	Check your freezer for expired food	Clear	<input type="checkbox"/>
14	Clean your kitchen sink and taps	Clean	<input type="checkbox"/>
15	Check your kitchen drawers for expired batteries	Clear	<input type="checkbox"/>
16	Dust and water your kitchen plants	Clean	<input type="checkbox"/>
17	Wipe down your kitchen countertops	Clean	<input type="checkbox"/>
18	Tidy your cutlery drawer	Organise	<input type="checkbox"/>
19	Sweep/vacuum your kitchen floor	Clean	<input type="checkbox"/>
20	Discard any chipped glasses or mugs	Clear	<input type="checkbox"/>
21	Clean your drawer fronts and handles	Clean	<input type="checkbox"/>
22	Consolidate your baking supplies	Clear	<input type="checkbox"/>
23	Wipe down the front of your oven	Clean	<input type="checkbox"/>
24	Clean your light switches	Clean	<input type="checkbox"/>
25	Wipe down condiment bottles and lids	Clean	<input type="checkbox"/>
26	Discard expired food in your fridge	Clear	<input type="checkbox"/>
27	Clean your stovetop	Clean	<input type="checkbox"/>
28	Replace any old sponges or dishcloths	Clear	<input type="checkbox"/>
29	Wipe down your lower cabinet door fronts	Clean	<input type="checkbox"/>
30	Consolidate your spices in one area	Clear	<input type="checkbox"/>
31	Celebrate	Yay!	<input type="checkbox"/>