

# Quick Room Reset Checklist

*A 3-minute scan to spot what may be weighing a room down - and whether it is time for a deeper Fit Check.*

**How to use it:** Check each item that sounds true for one room in your home. The more boxes you check, the more likely that room needs a simple reset plan.

Check	What to notice	Why it matters
<input type="checkbox"/>	<b>Air feels heavy, stuffy, or stale</b>	Often notice this after the room has been closed up
<input type="checkbox"/>	<b>There is a lingering odor</b>	Musty, cooking, laundry, pet, or "something off"
<input type="checkbox"/>	<b>Dust builds up quickly</b>	You wipe surfaces and it comes right back
<input type="checkbox"/>	<b>Humidity feels off</b>	Too damp, clammy, or oddly dry
<input type="checkbox"/>	<b>Windows stay closed most of the time</b>	Little fresh-air exchange
<input type="checkbox"/>	<b>The room has had water, leaks, or condensation issues</b>	Past or present moisture matters
<input type="checkbox"/>	<b>Cleaning products, candles, sprays, or fragrances are used often</b>	Small inputs can add up indoors
<input type="checkbox"/>	<b>Laundry, shoes, pets, or soft furnishings collect in the space</b>	These can hold odor and particles
<input type="checkbox"/>	<b>The room feels harder to keep calm and orderly</b>	Clutter and buildup often travel together
<input type="checkbox"/>	<b>You do not know the condition of the filter or purifier in that area</b>	Out of sight often means out of date
<input type="checkbox"/>	<b>You have been meaning to deal with this room</b>	Delay is often a clue that the room needs a system
<input type="checkbox"/>	<b>You would feel relief if someone helped you prioritize the next step</b>	Good sign a guided Fit Check would help

## Your quick read

0-3

This room may only need one or two habit changes.

4-7

This room likely has a few hidden load points worth addressing.

8+

This room is a strong candidate for a deeper Healthy Home Day Fit Check.

**Want the next step?** Join the Healthy Home Day blog for simple room-by-room guidance, practical product education, and a clearer path to your 3-room Fit Check.

[healthyhomeday.org/fit-check](https://healthyhomeday.org/fit-check)

*Breathe easy*