

The CLEAR Room Checklist

Start with one room. A 3-minute scan to notice what the space may be carrying - and choose one practical place to begin.

How to use it: Choose one room or small workspace. Check each item that sounds true. The more boxes you check, the more that room may benefit from a simple CLEAR reset plan.

| Check | CLEAR step | What to notice | Why it matters |
|--------------------------|-----------------------|---|---|
| <input type="checkbox"/> | C - Check the room | Air feels heavy, stuffy, stale, or "off" | Your senses often notice a room before a monitor does. |
| <input type="checkbox"/> | C - Check the room | There is a lingering odor | Musty, cooking, laundry, pet, fragrance, or "something off." |
| <input type="checkbox"/> | L - Lighten the load | Dust builds up quickly | Dust can carry the story of what the room is holding. |
| <input type="checkbox"/> | L - Lighten the load | Laundry, shoes, pets, or soft furnishings collect in the space | These can hold odor, dust, and particles. |
| <input type="checkbox"/> | L - Lighten the load | Cleaning products, candles, sprays, or fragrances are used often | Small inputs can add up indoors. |
| <input type="checkbox"/> | E - Encourage airflow | Windows stay closed most of the time | There may be little fresh-air exchange when outdoor air is favorable. |
| <input type="checkbox"/> | E - Encourage airflow | Vents are blocked or air does not seem to move | Poor flow can make a room feel stale or heavy. |
| <input type="checkbox"/> | E - Encourage airflow | Humidity feels off or moisture lingers | Too damp, clammy, dry, leaky, or condensation-prone rooms need attention. |
| <input type="checkbox"/> | A - Add support tools | Filter, purifier, or HVAC status is unknown | Out of sight often means out of date. |
| <input type="checkbox"/> | A - Add support tools | You do not track humidity or particles | Simple tools can help you notice patterns. |
| <input type="checkbox"/> | R - Repeat the rhythm | The room feels harder to keep calm and orderly | Clutter and buildup often travel together. |
| <input type="checkbox"/> | R - Repeat the rhythm | You have been meaning to deal with this room | Delay is often a clue that the room needs a simple system. |

Your quick read

- 0-3** This room may only need one or two habit changes.
- 4-7** This room likely has a few load, flow, or rhythm points worth addressing.
- 8+** This room is a strong candidate for the paid Healthy Home Day 3-Room Fit Check.

Want personalized guidance? Use the checklist first, then explore a 3-Room Fit Check for room-by-room observations and practical next steps.

healthyhomeday.org/start-here

Breathe easy

Disclaimer: The CLEAR Checklist is an education-first self-assessment tool for personal awareness. It is not mold testing, mold clearance, medical advice, remediation guidance, or a formal home inspection. For suspected mold, water damage, HVAC, structural, electrical, or health concerns, consult the appropriate qualified professional.