

Laundry Routine Sheet

A load a day beats a mountain on Sunday — plus a symbols guide you will actually use.

HOUSEHOLD

LOADS PER WEEK

Weekly laundry plan

DAY	LOAD	WASH	DRY	FOLD & PUT AWAY
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

THE RULES THAT KEEP IT WORKING

☐ Start a load before you leave the house

☐ Move it to dry the moment it finishes

☐ Fold straight out of the dryer or off the line

☐ Put it away the same day — never a clean pile

☐ One basket per person

☐ _____

☐ _____

STAIN FIRST AID

☐ Cold water first, always

☐ Blot — never rub

☐ Treat before it dries

☐ Never tumble dry a stain you have not removed

☐ Grease: washing-up liquid

☐ Blood: cold water and salt

☐ _____

☐ _____

Wash temperature is the biggest lever on both your energy bill and your clothes lasting: 30°C handles nearly everything except towels, bedding and anything genuinely soiled.