

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.