



# SET IT AND FORGET IT LAUNDRY LOOP

**NOT REALLY FORGET IT, BUT IT FEELS THAT WAY!**

**ONE SIMPLE RHYTHM TO STAY CAUGHT UP ON LAUNDRY—  
WITHOUT PILEUPS, STRESS, OR LAUNDRY DAYS.**

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## DAILY LAUNDRY ROUTINE

- Put in a load after dinner or before bed
- In the morning, move it to the dryer
- Set a timer for 1 hour
- Continue on with your morning routine
- When the timer goes off: fold or lay flat
- If folded, put clothes away
- If flat, add folding to your evening routine
- Use baskets near dressers if drawers are full
- Folding doesn't take as long as you think—just start!

## EVERYONE DOES THEIR OWN LAUNDRY

- Each person gets: their own basket, 2 towels (same color), and a towel hook
- Assign a weekly laundry day for each person
- Everyone uses the same routine: washer at night, dryer in the morning
- Lay flat if needed, fold later
- Teach kids/spouse joyfully. No shame—just guidance!
- Wait until young kids can safely handle detergent and reach washer
- Until then do their laundry with them

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## TOWELS

- Go through all towels
- Toss, donate, or cut up ones that are not good anymore to use for rags
- Donate excess towels
- Assign 2 towels per person (same color if possible)
- Each person gets a hook
- 1 hook in bedroom and/or 1 hook in bathroom

## SOME RULES

- Towels must dry before going in hamper
- Towels can be reused 4–5 times before washing again.
- Clothes go in hamper or are put away after wearing (not on floor or chair)
- Wait until young kids can safely handle detergent and reach washer

## HOW MANY DO YOU NEED?

- 2 towels per household member
- 4 - 6 guest towels
- 5 - 7 washcloths per person (if used)
- 2 decorative towel sets (optional)

## CAN'T LET GO OF EXTRA TOWELS?

- Box extras for 4 weeks.
- Put somewhere out of the way in your home
- Mark your calendar for 4 weeks from the day you box them up
- Revisit the box on that day
- Decide whether to keep or let go

**NOTE:** Its ok to keep the excess if ou have room for them. You can keep them in the box and switch out seasonally or just see if yo'll ever need the