



Laundry Planner

An easier laundry week

General information only. Always follow care labels.

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Weekly laundry plan

Which loads on which days.

Day	Load	Temperature	Cycle	Done
Monday				☐
Tuesday				☐
Wednesday				☐
Thursday				☐
Friday				☐
Saturday				☐
Sunday				☐

Sorting guide

Sort by color, weight and care. Always follow the label.

Load	Examples	Usual water	Usual dry
Darks	Jeans, dark tees, black	Cold	Low or line
Lights	Light tops, pastels	Cold	Low
Whites	Undershirts, white linens	Warm or hot	Medium
Towels	Bath and kitchen towels	Warm or hot	Medium
Bedding	Sheets, pillowcases	Warm	Medium
Delicates	Lingerie, silk, knits	Cold, gentle	Line or flat

Stain first aid

Blot, don't rub. Check before drying.

Stain	First step	Then
Blood, egg, milk	Rinse in cold water	Soak, pretreat, wash cold
Grease, oil	Blot, add dish soap	Wash warmest allowed
Wine, coffee, tea	Flush with cold water	Pretreat, wash
Grass	Pretreat with detergent	Wash warmest allowed
Ink	Blot, don't rub	Test a remover first
Sweat marks	Pretreat with detergent	Wash; skip the dryer

Never mix bleach with ammonia, vinegar or other cleaners.

Linens schedule

Write in how often works for your home.

Item	How often	Last washed	Notes
Sheets and pillowcases			
Bath towels			
Kitchen towels			
Bath mats			
Blankets			
Pillows			
Duvet or comforter			
Curtains			
Pet bedding			

Supplies list

Restock before you run out.

Laundry room		Stocked
☐	Detergent	
☐	Stain remover	
☐	Oxygen bleach	
☐	Mesh bags	
☐	Drying rack	
☐	Hangers	
☐	Lint brush	
☐	Sewing kit	
☐	Spare clothespins	
☐	Washer cleaner	

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