August 21, 2027 | Knoxville, Farragut & Lenoir City

Care for washable pillows

Main task: about 15 active minutes. DIY; specialist cleaning where labels require.

February and August. Twice-yearly planning reminder; per care label.

- [ ] **Check which pillows are washable**
  Read the care label for each pillow. Do not wash foam or other fillings unless the label permits it.
- [ ] **Wash using the care-label method**
  Launder only washable pillows using the specified wash and drying settings.
- [ ] **Dry fully before replacing covers**
  Follow the pillow's drying instructions and confirm it is fully dry before putting it back on the bed.

Safety: Foam and other fillings may not be washable. Dry fully before use.

Additional time: Laundry/cleaning cycle or drying time is additional

Timing basis: Restored from original calendar. Timing is an editorial household-care routine, not a universal required interval. Care labels and actual use govern. Equipment instructions and actual conditions take priority.

Guidance: Source 1

Open the online checklist and how-to links

Follow-up notes

Other maintenance this week

Up to 52 additional active minutes if every item applies. Spread these out. Skip equipment you do not have and monthly checks already completed.

- [ ] **Walk through for leaks and humidity** (Weekly; 10 min)
  Look under sinks and at ceilings. Read a hygrometer. Log new dampness. Aim for 30-50% RH, below 60%.
  Safety: Fix leaks promptly. Dry wet materials within 24-48 hours. Refer extensive, hidden or contaminated damage to a professional. Guide

- [ ] **Read refrigerator and freezer thermometers** (Weekly planning check; 2 min)
  Read appliance thermometers. Refrigerator should be 40 F or below; freezer 0 F or below.
  Safety: Investigate unsafe temperatures promptly. An appliance setting is not a thermometer reading. Guide

- [ ] **Remove mosquito breeding water** (Weekly during mosquito season; 5 min)
  Empty and scrub or cover small water-holding containers, including birdbaths and plant saucers.
  Safety: Do not enter unsafe water or disturb electrical equipment. Pesticides must follow their labels. Guide

- [ ] **Check toilets for silent leaks** (Quarterly planning check; 15 min)
  Add food coloring to the tank. Wait 10 minutes without flushing. Color in the bowl suggests a leak. Flush afterward.
  Safety: Use a toilet-safe dye. Have a plumber assess uncertain repairs. Guide

- [ ] **Clean range hood grease filter** (Monthly; lighter use may be quarterly; 15 min)
  Cool the hood. Remove and wash reusable grease filters as directed. Refit dry.
  Safety: Disconnect power for cleaning. Charcoal filters generally require replacement, not washing. Guide

- [ ] **Clean and inspect refrigerator door seals** (Monthly or per model; 5 min)
  Wipe door gaskets using the approved method. Look for damage or poor closure.
  Safety: Use mild, compatible cleaners. Have a damaged or persistently leaking seal assessed. Guide

Optional housekeeping & reminders

About 173 active minutes for cleaning: 143 for the regular routine plus this week's detail. Spread it out. Laundry and machine cycles add time.

Follow care labels, ventilate and never mix cleaning products. Use safe access and hire help for height or heavy items.

Regular cleaning routine

- [ ] **Wipe down the kitchen**
  Counters, cooled stovetop, sink and appliance fronts.
- [ ] **Vacuum and mop floors**
  Include stairs. Use the method approved for your flooring.
- [ ] **Dust and refresh upholstery**
  Top to bottom. Vacuum cushions and fluff pillows.
- [ ] **Clean bathrooms and reachable glass**
  Toilets, sinks, tub or shower, mirrors and glass.
- [ ] **Review food storage and empty bins**
  Check leftovers. Wipe sticky trash and recycling bins.
- [ ] **Wash bedding, towels and bathmats**
  Replace sheets and pillowcases. Follow care labels.

This week's detail

- [ ] **Clean closet shelves, bins, floors and baseboards** (15 min)
  Dust closet shelves/bins and vacuum reachable closet floors and baseboards.
  Safety: Do not overload shelves or climb on unstable storage.
- [ ] **Vacuum laundry/garage/utility-space floors** (15 min)
  Vacuum accessible laundry, garage and utility floors.
  Safety: Do not vacuum hot ash, fuel, liquids or unknown hazardous dust with a household vacuum.

Only if it applies: household and equipment

Additional time. Keep personal and financial records private.

- [ ] **Sort magazines and catalogs** (3 min)
  Sort current reading and recycle or file unwanted items.
  Safety: Protect personal information before recycling.
- [ ] **Review bank and card transactions** (10 min)
  Review recent transactions and flag unfamiliar charges or missing records.
  Safety: Use trusted account access. Keep financial details out of shared copies.

- [ ] **Review inboxes, bills and paperwork** (10 min)
  Review due bills and correspondence; file completed paperwork.
  Safety: Protect account numbers and avoid duplicate payments.

- [ ] **Review credit reports** (20 min)
  Use the official report service to look for errors or unfamiliar accounts.
  Safety: Navigate through the FTC guidance. Never put credit-report details in this workbook.

Optional vehicle reminders

A reminder is a due-date check. Use the manual, mileage, condition and service history.

- [ ] **Review oil-change service due date** (5 min)
  Check mileage/time or the oil-life monitor and book service when due.
  Safety: Use the specified oil. Do not work under an unsupported vehicle.

- [ ] **Review tire-rotation service due date** (5 min)
  Review the rotation record and book service if due.
  Safety: Patterns depend on tire sizes and vehicle design. Professional lifting is preferred.

Between reminders: clean the dryer lint screen each load. Inspect after significant storms and address failed alarms, leaks or unsafe equipment promptly. Portable humidifiers in use need daily water care and cleaning every third day. Pools need more frequent care and barrier supervision during use.

Move outdoor work for heat, lightning, rain or ice. Prepare plumbing before a forecast freeze. Repairs, professional service, materials and machine cycles add time.