

# Exercise

|                                |   |   |                                     |
|--------------------------------|---|---|-------------------------------------|
| Sweeping the floor             | ● | ● | Mop and bucket                      |
| Brushing the toilet            | ● | ● | Trash bag and gloves                |
| Mopping the bathroom           | ● | ● | Microfiber cloth                    |
| Vacuuming the carpet           | ● | ● | Vacuum cleaner                      |
| Dusting the furniture          | ● | ● | Duster                              |
| Making the bed                 | ● | ● | Polish cream and cloth              |
| Polishing the mirror           | ● | ● | Toilet brush                        |
| Emptying the trash bin         | ● | ● | Bedsheet and pillowcase             |
| Refilling the soap and shampoo | ● | ● | Disinfectant spray and tissue       |
| Disinfecting the door handles  | ● | ● | Amenities set (soap, shampoo, etc.) |
|                                |   | ● | Broom and dustpan                   |