



Daily Cleaning Checklist

WEEK OF _____

little and often keeps it lovely

	<i>mon</i>	<i>tue</i>	<i>wed</i>	<i>thu</i>	<i>fri</i>	<i>sat</i>	<i>sun</i>
Make the beds	☐	☐	☐	☐	☐	☐	☐
Dishes / load the dishwasher	☐	☐	☐	☐	☐	☐	☐
Wipe kitchen counters	☐	☐	☐	☐	☐	☐	☐
Quick tidy of living room	☐	☐	☐	☐	☐	☐	☐
Sort the mail	☐	☐	☐	☐	☐	☐	☐
Wipe the bathroom sink	☐	☐	☐	☐	☐	☐	☐
Sweep the kitchen floor	☐	☐	☐	☐	☐	☐	☐
Run one load of laundry	☐	☐	☐	☐	☐	☐	☐
Take out trash if full	☐	☐	☐	☐	☐	☐	☐
10-minute reset before bed	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

today's bonus task

Weekly Cleaning Schedule

one zone a day, the whole house by sunday



monday

kitchen

- ☐ Wipe appliance fronts
- ☐ Clean the microwave
- ☐ Mop the floor
- ☐ Toss old fridge food
- ☐ _____

tuesday

bathrooms

- ☐ Scrub toilets
- ☐ Clean shower & tub
- ☐ Shine mirrors
- ☐ Fresh towels
- ☐ _____

wednesday

dusting

- ☐ Dust all surfaces
- ☐ Wipe electronics
- ☐ Dust picture frames
- ☐ Shake out rugs
- ☐ _____

thursday

floors

- ☐ Vacuum every room
- ☐ Mop hard floors
- ☐ Under the furniture
- ☐ Doormats
- ☐ _____

friday

bedrooms

- ☐ Change the sheets
- ☐ Dust nightstands
- ☐ Tidy the closet
- ☐ Vacuum
- ☐ _____

saturday

laundry & errands

- ☐ Wash towels
- ☐ Fold & put away
- ☐ Groceries
- ☐ Recycling out
- ☐ _____

sunday

reset & plan

- ☐ Plan meals
- ☐ Declutter one drawer
- ☐ Water plants
- ☐ Plan the week
- ☐ _____

notes & supplies to buy



Monthly Cleaning Checklist

YEAR _____

the jobs that sneak up on you

	J	F	M	A	M	J	J	A	S	O	N	D
Clean the oven	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Descale kettle / coffee maker	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash the shower curtain	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean dishwasher filter	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe baseboards	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vacuum the mattress	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean range hood filter	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash pillows & throws	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Dust blinds & curtains	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean window tracks	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe switches & door handles	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash the trash cans	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vacuum upholstery	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean the washing machine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Organize fridge & freezer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Test smoke alarms	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐