Weekly Cleaning Schedule

WEEK OF _____

EVERY DAY

- [ ] Dishes and wipe counters
- [ ] 10-minute tidy
- [ ] Make beds
- [ ]
- [ ]

MONDAY

- [ ] Vacuum and mop floors
- [ ] Shake out entry mats
- [ ]
- [ ]

TUESDAY

- [ ] Clean bathrooms
- [ ] Refill soap and toilet paper
- [ ]
- [ ]

WEDNESDAY

- [ ] Change bed sheets
- [ ] Wipe kitchen appliance fronts
- [ ]
- [ ]

THURSDAY

- [ ] Laundry
- [ ] Fold and put clothes away
- [ ]
- [ ]

FRIDAY

- [ ] Dust surfaces
- [ ] Wipe light switches and door handles
- [ ]
- [ ]

WEEKEND

- [ ] Take out trash and recycling
- [ ] Clear old food from the fridge
- [ ] Water plants
- [ ]
- [ ]

ONCE A MONTH

- [ ] Clean the fridge
- [ ] Wipe baseboards and doors
- [ ] Clean the microwave and oven
- [ ] Wash windows (inside)
- [ ]
- [ ]

DEEP CLEAN

- [ ] Behind and under furniture
- [ ] Inside cabinets and drawers
- [ ] Light fixtures and ceiling fans
- [ ] Grout and shower glass
- [ ] Mattress (vacuum and flip)
- [ ] Garage or storage area
- [ ]
- [ ]

Tip: move chores to the days that suit your week, and put trash on your pickup day.