

Weekly Cleaning Checklist

One small focus per day. Check it off, then enjoy your home.

EVERY DAY (10 MIN)

- ☐ Make the bed
- ☐ Dishes done / dishwasher running
- ☐ Wipe kitchen counters
- ☐ Quick floor spot-check
- ☐ Reset the living room

MONDAY · KITCHEN

- ☐ Wipe appliance fronts
- ☐ Clean microwave inside
- ☐ Toss old leftovers
- ☐ Wipe cabinet handles
- ☐ Clean the sink and faucet

TUESDAY · BATHROOMS

- ☐ Clean toilet and base
- ☐ Scrub sink and counter
- ☐ Wipe mirror
- ☐ Clean shower or tub
- ☐ Swap towels, empty trash

WEDNESDAY · LIVING AREAS

- ☐ Dust surfaces and shelves
- ☐ Wipe TV and remote
- ☐ Fluff cushions, fold blankets
- ☐ Declutter coffee table
- ☐ Vacuum sofa crumbs

THURSDAY · BEDROOMS

- ☐ Change sheets
- ☐ Dust nightstands
- ☐ Put away clothes
- ☐ Tidy under the bed
- ☐ Empty bedroom trash

FRIDAY · FLOORS

- ☐ Vacuum all rooms
- ☐ Mop hard floors
- ☐ Shake out doormats
- ☐ Wipe baseboards (one room)
- ☐ Empty vacuum canister

SATURDAY · CATCH-UP

- ☐ Finish anything skipped
- ☐ Clean out the fridge shelf
- ☐ Do the laundry backlog
- ☐ Tidy the entryway
- ☐ Take out all trash and recycling

SUNDAY · PLAN & REST

- ☐ Plan next week's meals
- ☐ Set out clothes for Monday
- ☐ Quick 10-minute reset
- ☐ Choose one small goal
- ☐ Relax, you earned it!