

Cleaning Schedule

A little every day, one focus each day



EVERY DAY · ABOUT 10 MINUTES

- ☐ Dishes done or in the dishwasher
- ☐ Wipe kitchen benchtops
- ☐ Ten-minute tidy of the living area
- ☐ Wipe the bathroom basin
- ☐ Make the beds

MONDAY · BATHROOMS

- ☐ Clean the toilet
- ☐ Scrub shower and screen
- ☐ Clean the mirror
- ☐ Mop the floor

TUESDAY · DUST

- ☐ Dust surfaces and shelves
- ☐ Wipe switches and handles
- ☐ Dust ceiling fans

MONTHLY

- ☐ Clean inside the oven door
- ☐ Wash the shower curtain or screen tracks
- ☐ Clean the range hood filter
- ☐ Wipe skirting boards
- ☐ Run a washing machine clean cycle

WEDNESDAY · FLOORS

- ☐ Vacuum every room
- ☐ Mop hard floors
- ☐ Shake out the mats

THURSDAY · KITCHEN

- ☐ Wipe appliance fronts
- ☐ Clean the microwave
- ☐ Wipe the fridge shelves
- ☐ Empty and wipe the bins

FRIDAY · BEDROOMS

- ☐ Change bed linen
- ☐ Vacuum under the beds
- ☐ Clear bedside tables

WEEKEND · RESET

- ☐ Laundry and towels
- ☐ Plan the week's meals
- ☐ Take out recycling

EVERY 3 TO 6 MONTHS

- ☐ Wash curtains or dust blinds
- ☐ Flip or rotate the mattress
- ☐ Clean window tracks
- ☐ Declutter the pantry
- ☐ Clean the dishwasher filter

My Cleaning Week

Week of _____

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THIS WEEK I'M PROUD OF