

Cleaning

WEEK OF _____

EVERY DAY

	M	T	W	T	F	S	S
Make the beds	☐	☐	☐	☐	☐	☐	☐
Dishes and counters	☐	☐	☐	☐	☐	☐	☐
Wipe the table	☐	☐	☐	☐	☐	☐	☐
Sweep the kitchen floor	☐	☐	☐	☐	☐	☐	☐
Quick tidy, ten minutes	☐	☐	☐	☐	☐	☐	☐
Take out the trash	☐	☐	☐	☐	☐	☐	☐

EVERY WEEK

	W1	W2	W3	W4
Vacuum every room	☐	☐	☐	☐
Mop the kitchen and bath	☐	☐	☐	☐
Clean the bathroom	☐	☐	☐	☐
Change the sheets	☐	☐	☐	☐
Dust the shelves	☐	☐	☐	☐
Laundry, wash and put away	☐	☐	☐	☐
Wipe the fridge shelves	☐	☐	☐	☐
Clean the mirrors	☐	☐	☐	☐

EVERY MONTH

	Done
Clean the oven	☐
Wash the windows inside	☐
Vacuum under the furniture	☐
Clean the washing machine	☐
Wipe the baseboards	☐
Sort one closet	☐