House Cleaning Schedule

Week of _____ Household _____

Daily reset (10 minutes)

- [ ] Make the beds
- [ ] Dishes washed or in the dishwasher
- [ ] Wipe kitchen counters and stovetop
- [ ] Wipe the sink and tap
- [ ] Sweep crumbs from high-traffic floors
- [ ] Empty full trash cans
- [ ] Put away clutter on surfaces
- [ ] Quick wipe of bathroom sink

Monday: Kitchen

- [ ] Wipe appliance fronts and handles
- [ ] Clean the microwave inside
- [ ] Wipe cabinet fronts and light switches
- [ ] Toss expired food from the fridge
- [ ] Disinfect sink and drain
- [ ] Mop the kitchen floor
- [ ]

Tuesday: Bathrooms

- [ ] Scrub toilet, base and seat
- [ ] Clean shower or tub
- [ ] Clean sink and counter
- [ ] Wipe mirrors
- [ ] Swap towels and bath mat
- [ ] Mop the bathroom floor
- [ ]

Wednesday: Bedrooms

- [ ] Strip and wash sheets
- [ ] Dust surfaces and headboard
- [ ] Put away clothes on chairs
- [ ] Empty bedroom trash
- [ ] Vacuum floors and rugs
- [ ] Check under the bed
- [ ]

Thursday: Living areas and entry

- [ ] Dust shelves, tables and screens
- [ ] Fluff cushions and fold throws
- [ ] Wipe remotes and switches
- [ ] Vacuum sofa and floors
- [ ] Shake out entry mats
- [ ] Wipe door handles
- [ ]

Friday: Floors and laundry

- [ ] Vacuum remaining floors
- [ ] Mop hard floors
- [ ] Finish and fold laundry
- [ ] Wipe washer door and lint trap
- [ ] Take out all trash and recycling
- [ ]

Monthly rotation (tick the month's pick)

- [ ] Clean inside the oven
- [ ] Wipe fridge shelves and drawers
- [ ] Run a washer and dishwasher cleaning cycle
- [ ] Dust ceiling fans and vents
- [ ] Wipe baseboards
- [ ] Wash trash cans
- [ ] Vacuum under furniture
- [ ] Clean window sills and tracks
- [ ] Wipe door frames

Seasonal (4 times a year)

- [ ] Rotate and flip the mattress
- [ ] Wash pillows and duvets
- [ ] Wash windows inside
- [ ] Deep clean carpets and upholstery
- [ ] Clean behind and under appliances
- [ ] Replace HVAC and range hood filters
- [ ] Declutter one closet

Do one zone per day. Skip nothing twice in a row. Move a task earlier if the room looks dirty first.