

DAILY CLEANING ROUTINE

Morning

Make beds

Run Laundry [wash and dry]

Empty Dishwasher

Afternoon

Put Laundry Away

10-Minute Tidy

Pick Up Clutter

Take Out Trash

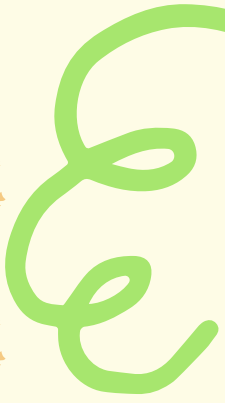
Load Dishwasher

Wipe Kitchen

Wipe Bathrooms

Spot Mop Floors

Evening



WEEKLY CLEANING ROUTINE



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DAY 1 - BEDROOMS

- Change sheets and pillow cases
- Declutter side tables
- Dust including fixtures
- Empty trash can
- Vacuum and/or sweep

DAY 2 - BATHROOMS

- Wash towels, washcloths, and floor mats
- Clean sink, toilet, tub/shower
- Empty trash can
- Dust fixtures
- Clean mirror
- Sweep & mop floor

DAY 3 - KITCHEN

- Toss expired food
- Dust fixtures
- Wipe surfaces including appliances
- Clean small appliances
- Clean trash can
- Sweep & mop floor

DAY 4 DINING ROOM

- Wipe surfaces
- Dust objects & fixtures
- Vacuum and/or sweep & mop

DAY 5 - LIVING ROOM

- Declutter tables
- Dust objects, fixtures, & electronics
- Rotate couch cushions
- Vacuum and/or sweep & mop

DAY 6 - OFFICE

- Empty trash and paper shredder
- Sort & process paperwork (pay bills, file, etc)
- Dust objects & fixtures
- Vacuum and/or sweep & mop

DAY 7 - HALLWAYS, ENTRYWAYS, & STAIRS

- Wash rugs
- Wipe surfaces
- Dust objects, fixtures, & bannisters
- Wipe mirrors
- Vacuum and/or sweep & mop

NOTES

MONTHLY CLEANING

BEDROOMS

Turn mattresses
Declutter closets
Clean behind large furniture
Wash pillows & blankets

BATHROOMS

Wash shower curtains
Toss expired medications/first aid
Declutter undersink & cabinets

KITCHEN

Clean dishwasher and fridge, particularly seals
Clean behind appliances
Wipe cabinet fronts & tops
Clean out pantry
Reseal grout and/or stone

LAUNDRY ROOM & GARAGE

Clean washing machine seal
Clean out dryer vent
Wipe down washer & dryer
Clean out deep freezer

MISCELLANEOUS

Clean washing machine seal
Clean out dryer vent
Wipe down washer & dryer
Clean out deep freezer

SATURDAY



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