

# Weekly House Cleaning Schedule

One focus per day, 20-40 minutes. Tick each task; whatever is left waits until next week.

**MONDAY**

## Kitchen

- ☐ Wipe appliance fronts, handles, backsplash
- ☐ Clean microwave inside
- ☐ Scrub sink, flush drain
- ☐ Clear old food from fridge
- ☐ Sweep and mop kitchen floor

**TUESDAY**

## Bathrooms

- ☐ Spray shower/tub first, let it sit
- ☐ Clean toilet inside, outside, base
- ☐ Wipe sink, counter, mirror
- ☐ Rinse shower/tub, dry glass
- ☐ Fresh towels + mat, trash, mop

**WEDNESDAY**

## Dusting &amp; living areas

- ☐ Dust top to bottom, electronics
- ☐ Wipe switches, handles, remotes
- ☐ Vacuum sofa cushions, fold throws
- ☐ Clear drop zones (entry, table, desk)

**THURSDAY**

## Floors throughout

- ☐ Shake out or vacuum entry mats
- ☐ Vacuum every room and edges
- ☐ Mop remaining hard floors
- ☐ Spot-clean rug stains

**FRIDAY**

## Bedrooms &amp; sheets

- ☐ Strip beds, wash sheets
- ☐ Wipe nightstands and dressers
- ☐ Put away the clothes pile
- ☐ Remake beds with clean sheets

**SATURDAY**

## Laundry catch-up

- ☐ Wash, dry, put away towels/clothes
- ☐ All trash and recycling out
- ☐ Wipe inside the kitchen bin
- ☐ Catch up on anything skipped

**SUNDAY**

## Reset &amp; plan (or rest)

- ☐ 10-minute declutter: one surface
- ☐ Check fridge/pantry, grocery list
- ☐ Restock caddy, wash cloths
- ☐ Look at next week, move a day

**Every day (10-15 min):**

dishes, wipe counters + stovetop,  
quick pick-up, swish the toilet.

Who does which day?

---

## Weekly Cleaning Checklist (Room by Room)

Prefer to clean by room? Tick rooms off whenever you have time. Use one column per week.

|                                             | Wk 1                     | Wk 2                     | Wk 3                     | Wk 4                     |
|---------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>Kitchen</b>                              |                          |                          |                          |                          |
| Appliance fronts, handles, backsplash wiped | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Microwave cleaned inside                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sink scrubbed, drain flushed                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fridge cleared of old food                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Floor swept and mopped                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Bathroom</b>                             |                          |                          |                          |                          |
| Toilet cleaned inside, outside, base        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Shower or tub scrubbed                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sink, counter, mirror wiped                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Towels and bath mat swapped                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Trash emptied, floor mopped                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Bedrooms</b>                             |                          |                          |                          |                          |
| Sheets changed                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Nightstands and dresser dusted              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Clothes put away                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Floor vacuumed                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Living room &amp; entry</b>              |                          |                          |                          |                          |
| Surfaces and electronics dusted             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cushions vacuumed, throws folded            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Light switches and handles wiped            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mats shaken out, floors vacuumed/mopped     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Monthly (pick one per weekend)</b>       |                          |                          |                          |                          |
| Oven or stovetop deep clean                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Baseboards and door frames                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Windows and window sills                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Inside one set of cabinets or drawers       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |