CHECK IT OFF

Daily *cleaning checklist*

week of _____

TASK	SU	MO	TU	WE	TH	FR	SA
Make beds							
Dishes							
Wipe counters							
Sweep kitchen							
Laundry load							
Tidy living room							
Trash & recycling							
Wipe bathroom sink							
Quick vacuum							
10-item pickup							

ONE FOCUS A DAY

Weekly *cleaning schedule*

SUNDAY · REST + PLAN THE WEEK

- [ ]
- [ ]
- [ ]

MONDAY · KITCHEN

- [ ]
- [ ]
- [ ]

TUESDAY · BATHROOMS

- [ ]
- [ ]
- [ ]

WEDNESDAY · DUST + SURFACES

- [ ]
- [ ]
- [ ]

THURSDAY · FLOORS

- [ ]
- [ ]
- [ ]

FRIDAY · BEDROOMS + SHEETS

- [ ]
- [ ]
- [ ]

SATURDAY · LAUNDRY + CATCH UP

- [ ]
- [ ]
- [ ]

ONCE A MONTH

Monthly *cleaning list*

month _____

KITCHEN

- [ ] Clean the fridge
- [ ] Wipe cabinet fronts
- [ ] Clean the microwave
- [ ] Descale the kettle
- [ ] Clean dishwasher filter
- [ ]
- [ ]
- [ ]

WHOLE HOME

- [ ] Wash windows
- [ ] Dust ceiling fans
- [ ] Vacuum the sofa
- [ ] Wipe light switches
- [ ] Wash bath mats
- [ ]
- [ ]
- [ ]

BEDROOMS

- [ ] Rotate the mattress
- [ ] Wash pillows
- [ ] Dust blinds
- [ ] Declutter nightstands
- [ ]
- [ ]
- [ ]
- [ ]

MY OWN TASKS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

MAKE IT YOURS

Weekly *planner*

blank

SUNDAY

- [ ]
- [ ]
- [ ]

MONDAY

- [ ]
- [ ]
- [ ]

TUESDAY

- [ ]
- [ ]
- [ ]

WEDNESDAY

- [ ]
- [ ]
- [ ]

THURSDAY

- [ ]
- [ ]
- [ ]

FRIDAY

- [ ]
- [ ]
- [ ]

SATURDAY

- [ ]
- [ ]
- [ ]

NOTES