alpacto

Cleaning Checklist by Room

Six rooms, three rhythms. Daily jobs get a box for each day; weekly and monthly jobs get one box.

Week of _____ Month _____ Our cleaning day _____

Kitchen

Who _____

		M	T	W	T	F	S	S
Daily	Wash dishes, empty sink							
	Wipe counters and stove							
	Trash out if full							
Weekly	☐ Clean the microwave inside							
	☐ Mop the kitchen floor							
	☐ Toss old food from the fridge							
Monthly	☐ Wipe cabinet fronts							
	☐ Degrease the range hood filter							

Bathroom

Who _____

		M	T	W	T	F	S	S
Daily	Wipe sink and faucet							
	Hang towels to dry							
	Rinse the shower							
Weekly	☐ Scrub toilet, tub, and shower							
	☐ Clean the mirror							
	☐ Wash towels and the bath mat							
Monthly	☐ Wash the shower curtain							
	☐ Clear out old products							

Bedroom

Who _____

		M	T	W	T	F	S	S
Daily	Make the bed							
	Clothes away or in hamper							
	Clear the nightstand							
Weekly	☐ Change the sheets							
	☐ Dust surfaces and lamps							
	☐ Vacuum the floor							
Monthly	☐ Rotate the mattress							
	☐ Sort one drawer							

Living room

Who _____

		M	T	W	T	F	S	S
Daily	Ten-minute tidy							
	Fold throws, fix cushions							
	Clear cups and plates							
Weekly	☐ Dust shelves and the TV stand							
	☐ Vacuum rugs and floors							
	☐ Wipe remotes and light switches							
Monthly	☐ Vacuum under sofa cushions							
	☐ Wash throw blankets							

Entryway

Who _____

		M	T	W	T	F	S	S
Daily	Shoes on the rack							
	Sort the mail							
	Hang keys and bags							
Weekly	☐ Sweep or vacuum the floor							
	☐ Shake out the doormat							
	☐ Wipe door handles							
Monthly	☐ Clear out the coat closet							
	☐ Wipe the front door							

Laundry and closets

Who _____

		M	T	W	T	F	S	S
Daily	Hamper full? Start a load							
	Move wet loads to dryer							
	Empty the lint trap							
Weekly	☐ Fold and put away every load							
	☐ Wipe the washer and dryer tops							
	☐ Return empty hangers to closets							
Monthly	☐ Clean the washer gasket							
	☐ Donate clothes nobody wears							

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