



# 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  | <input type="checkbox"/> Clean the microwave inside     |           |   |   |   |   |   |   |   |
|         | <input type="checkbox"/> Mop the kitchen floor          |           |   |   |   |   |   |   |   |
|         | <input type="checkbox"/> Toss old food from the fridge  |           |   |   |   |   |   |   |   |
| Monthly | <input type="checkbox"/> Wipe cabinet fronts            |           |   |   |   |   |   |   |   |
|         | <input type="checkbox"/> 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   | <input type="checkbox"/> Scrub toilet, tub, and shower |           |   |   |   |   |   |   |   |
|          | <input type="checkbox"/> Clean the mirror              |           |   |   |   |   |   |   |   |
|          | <input type="checkbox"/> Wash towels and the bath mat  |           |   |   |   |   |   |   |   |
| Monthly  | <input type="checkbox"/> Wash the shower curtain       |           |   |   |   |   |   |   |   |
|          | <input type="checkbox"/> 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  | <input type="checkbox"/> Change the sheets       |           |   |   |   |   |   |   |   |
|         | <input type="checkbox"/> Dust surfaces and lamps |           |   |   |   |   |   |   |   |
|         | <input type="checkbox"/> Vacuum the floor        |           |   |   |   |   |   |   |   |
| Monthly | <input type="checkbox"/> Rotate the mattress     |           |   |   |   |   |   |   |   |
|         | <input type="checkbox"/> 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      | <input type="checkbox"/> Dust shelves and the TV stand   |           |   |   |   |   |   |   |   |
|             | <input type="checkbox"/> Vacuum rugs and floors          |           |   |   |   |   |   |   |   |
|             | <input type="checkbox"/> Wipe remotes and light switches |           |   |   |   |   |   |   |   |
| Monthly     | <input type="checkbox"/> Vacuum under sofa cushions      |           |   |   |   |   |   |   |   |
|             | <input type="checkbox"/> 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   | <input type="checkbox"/> Sweep or vacuum the floor |           |   |   |   |   |   |   |   |
|          | <input type="checkbox"/> Shake out the doormat     |           |   |   |   |   |   |   |   |
|          | <input type="checkbox"/> Wipe door handles         |           |   |   |   |   |   |   |   |
| Monthly  | <input type="checkbox"/> Clear out the coat closet |           |   |   |   |   |   |   |   |
|          | <input type="checkbox"/> 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              | <input type="checkbox"/> Fold and put away every load    |           |   |   |   |   |   |   |   |
|                     | <input type="checkbox"/> Wipe the washer and dryer tops  |           |   |   |   |   |   |   |   |
|                     | <input type="checkbox"/> Return empty hangers to closets |           |   |   |   |   |   |   |   |
| Monthly             | <input type="checkbox"/> Clean the washer gasket         |           |   |   |   |   |   |   |   |
|                     | <input type="checkbox"/> Donate clothes nobody wears     |           |   |   |   |   |   |   |   |



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