



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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