



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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