

Cleaning Zones

One zone a week, fifteen minutes a day. When the timer rings, stop, even if you're not done.

Month

Time of day

Who's in

How it works

1. Find this week's zone and write the Monday date next to it.
2. Set a timer for 15 minutes and pick any task below, or one of your own.
3. When the timer rings, stop and write your initials under today.

Zone 1 • Entry, porch, and dining area

Week of _____

- Wipe the front door and handle
- Clear the dining table completely
- Sweep the porch or doorstep
- Dust chairs and light fixtures

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Zone 2 • Kitchen

Week of _____

- Wipe cabinet fronts and handles
- Degrease the stovetop and knobs
- Clean out one fridge shelf
- Clear one drawer or cupboard

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Zone 3 • Bathrooms and one extra room

Week of _____

- Scrub the grout in one corner
- Sort the medicine cabinet
- Wipe the fan cover and light
- Tidy surfaces in the extra room

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Zone 4 • Main bedroom and closet

Week of _____

- Vacuum under the bed
- Dust the headboard and lamps
- Sort one closet shelf
- Wash the pillows or duvet

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Zone 5 • Living room

Week of _____

- Vacuum under the sofa cushions
- Wipe the TV screen and remotes
- Dust shelves and picture frames
- Clear out old magazines and mail

Mon	Tue	Wed	Thu	Fri	Sat	Sun



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