




# Daily Cleaning Tasks

- Make beds
- Wash one load of laundry
- Empty clean dish rack
- Wash all the dishes
- Tidy up living spaces
- Pick up laundry
- Clear table and wipe down the counters & stovetop
- Sweep & vacuum the main floors
- Take out the trash
- Throw out junk mail and other clutter






# Monday: kitchen

- Clean out the refrigerator
  - Wipe outside of refrigerator
  - Wipe down appliances
  - Wipe down front of cabinets
  - Clean the cooktop, vent hood, and wall behind the stove.
  - Organize (and clean if needed one different cabinet every week
  - Clean the counter, including underneath the appliances that are stored on the countertop
  - Sweep and mop the floor (sometimes hand mop)
  - Deep clean the sink
  - Wipe down walls
  - Scrub dining room table, legs and chairs
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## Tuesday: bathrooms

- Clean toilets, tubs, sinks and counter
  - Clean mirrors
  - Sweep and mop floors
  - Throw bath mats in the washer & replace with new
  - Throw shower curtain in the washer as needed (I find this to be more of an every-other-month chore)
  - Wipe down walls, windowsill, baseboards and doorknobs
  - Empty trash can
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# Wednesday: laundry

- Fold all the laundry you've been washing daily all week.
  - Do a few more loads if there is still more dirty laundry
  - Put away all clean and folded laundry
  - Wipe down the washing machine and dryer
  - Organize any storage in the space
  - Tidy the laundry room
  - Sweep and mop the floor
- 




# Thursday:

## bedrooms & office

- Change sheets
  - Tidy and dust bookshelves and tops of dresser
  - Tidy up bedside stands and drawers
  - Hang up / put away clothes that have been left out
  - Wipe baseboards
  - Vacuum the floors
  - Flip and rotate mattresses every 6 months
  - Wipe down walls, windowsills and trim
  - Wash windows
  - Clean ceiling fan
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## Friday: living spaces

- Make sure everything is tidied for the weekend
  - Dust all the furniture
  - Oil wooden furniture
  - Rearrange furniture if desired
  - Clean under furniture
  - Sweep and mop all the living spaces including the hallways, entryway and living room
  - Wipe baseboards
  - Wipe down walls, trim, and windowsills
  - Wash windows
  - Clean ceiling fan
- 



# Saturday: outside

- Sweep porch and deck
  - Pick up and clutter from the yard
  - Wipe down any outdoor furniture
  - Power wash house as needed
  - Wash windows
  - Clean out car and vacuum as needed
  - Organize garage and sheds
  - Rake up any leaves, sticks or feathers
  - Scoop dog poop from yard
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# Sunday: rest and reset

- Check your calendar for the upcoming week
- Make a to-do list
- Relax!







# monthly or yearly chores

- Heavy clean on the walls, trim, baseboards, windowsills with a stronger cleaner.
  - Clean top of cabinets
  - Take out all the dishes and clean inside cabinets
  - Heavy clean outside of cabinet fronts, toekick, faceframe.
  - Wash light fixtures
  - Dust ceilings
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