Cleaning Schedule

Week of _____

Every day

- [ ] Make beds
- [ ] Wash dishes / run dishwasher
- [ ] Wipe kitchen counters
- [ ] Quick tidy of living areas
- [ ] Sort mail
- [ ] Sweep kitchen if needed

Every week

- [ ] Clean bathrooms
- [ ] Vacuum and mop floors
- [ ] Dust surfaces
- [ ] Change bed sheets
- [ ] Laundry and towels
- [ ] Empty all trash cans
- [ ] Clean out fridge
- [ ] Wipe appliances and microwave

Every month

- [ ] Dust ceiling fans and vents
- [ ] Clean inside microwave and oven
- [ ] Wipe baseboards and doors
- [ ] Wash shower curtain
- [ ] Clean mirrors and windows (inside)
- [ ] Vacuum under furniture
- [ ] Declutter one drawer or closet

Seasonally

- [ ] Wash windows (outside)
- [ ] Deep-clean carpets
- [ ] Clean behind appliances
- [ ] Flip / rotate mattresses
- [ ] Wash pillows and comforters
- [ ] Clean out garage

Weekly plan (one focus area per day)

Day	Focus	Who	Done
Monday	Bathrooms		☐
Tuesday	Dusting		☐
Wednesday	Floors		☐
Thursday	Kitchen deep-clean		☐
Friday	Bedrooms and sheets		☐
Saturday	Laundry		☐
Sunday	Rest / catch up		☐