

WEEKLY CLEANING CHECKLIST

Every Day

- ☐ WASH DISHES
- ☐ WIPE DOWN KITCHEN COUNTERS
- ☐ SPOT SWEEP/VACUUM
- ☐ QUICK PICK UP AROUND HOME
- ☐ ONE LOAD LAUNDRY
- ☐ MAKE BED
- ☐ TAKE OUT TRASH

Monday - Kitchen

- ☐ WIPE DOWN OUTSIDE OF FRIDGE
- ☐ STRAIGHTEN UP FRIDGE, THROW OUT EXPIRED FOOD
- ☐ CLEAN SINK, COUNTERS, TABLE AND STOVE
- ☐ WIPE DOWN CABINETS
- ☐ STRAIGHTEN CABINETS
- ☐ SWEEP AND MOP
- ☐ CLEAN MICROWAVE
- ☐ STRAIGHTEN PANTRY
- ☐ WIPE DOWN BASEBOARDS
- ☐ DEEP CLEAN FRIDGE

Tuesday - Living Room

- ☐ WIPE DOWN ALL COUNTERS
- ☐ DUST
- ☐ SWEEP AND MOP
- ☐ STRAIGHTEN TV STAND AND COFFEE TABLE
- ☐ STRAIGHTEN SHELVES
- ☐ STRAIGHTEN CLOSET
- ☐ WIPE DOWN WINDOW SILLS
- ☐ CLEAN WINDOWS
- ☐ CLEAN UNDER COUCH
- ☐ WIPE DOWN BASEBOARDS

Wednesday - Bathroom

- ☐ WIPE DOWN COUNTERS
- ☐ CLEAN ALL MIRRORS
- ☐ CLEAN TOILET
- ☐ CLEAN SHOWER AND BATH TUB
- ☐ SWEEP AND MOP
- ☐ STRAIGHTEN INSIDE OF CABINETS
- ☐ WASH TOWELS AND BATH RUG
- ☐ EMPTY TRASH
- ☐ WIPE DOWN BASEBOARDS

Thursday - Bedroom

- ☐ VACUUM
- ☐ STRAIGHTEN CLOSET AND DRESSER
- ☐ WIPE DOWN NIGHT STANDS
- ☐ WASH BED LINENS
- ☐ DUST
- ☐ CLEAN UNDER BED
- ☐ WASH WINDOWS
- ☐ WIPE DOWN WINDOW SILLS
- ☐ WIPE DOWN BASEBOARDS

Friday - Random

- ☐ CLEAN INSIDE OF TRASH CANS
- ☐ WIPE DOWN DOORS
- ☐ STRAIGHTEN PET'S AREA/CRATE
- ☐ STRAIGHTEN LAUNDRY ROOM
- ☐ WIPE DOWN WASHER AND DRYER
- ☐ CLEAN OUT INSIDE OF CAR