

# WEEKLY CLEANING CHECKLIST

A clean, happy home one room at a time

## Kitchen

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- ☐ Wipe counters
- ☐ Clean the sink
- ☐ Wipe the stove
- ☐ Clean microwave
- ☐ Empty the fridge
- ☐ Mop the floor

## Bathroom

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- ☐ Scrub the toilet
- ☐ Clean the shower
- ☐ Wipe the mirror
- ☐ Fresh towels
- ☐ Mop the floor

## Bedrooms

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- ☐ Change the sheets
- ☐ Dust surfaces
- ☐ Vacuum
- ☐ Tidy closets

## Living Room

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- ☐ Dust & polish
- ☐ Vacuum rugs
- ☐ Fluff pillows
- ☐ Wipe remotes

## Laundry & More

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- ☐ Wash & fold
- ☐ Take out trash
- ☐ Water plants
- ☐ Wipe door handles

# WEEKLY CLEANING SCHEDULE

Week of: \_\_\_\_\_

| Task                  | M | T | W | T | F | S | S |
|-----------------------|---|---|---|---|---|---|---|
| Make the beds         |   |   |   |   |   |   |   |
| Do the dishes         |   |   |   |   |   |   |   |
| Wipe kitchen counters |   |   |   |   |   |   |   |
| Sweep the floors      |   |   |   |   |   |   |   |
| Laundry               |   |   |   |   |   |   |   |
| Take out the trash    |   |   |   |   |   |   |   |
| Vacuum                |   |   |   |   |   |   |   |
| Clean bathrooms       |   |   |   |   |   |   |   |
| Dust                  |   |   |   |   |   |   |   |
| Water plants          |   |   |   |   |   |   |   |
| Tidy living room      |   |   |   |   |   |   |   |
| Meal prep             |   |   |   |   |   |   |   |
| Grocery shop          |   |   |   |   |   |   |   |
| Wipe the fridge       |   |   |   |   |   |   |   |
| Mop the floors        |   |   |   |   |   |   |   |
| Change the sheets     |   |   |   |   |   |   |   |
|                       |   |   |   |   |   |   |   |
|                       |   |   |   |   |   |   |   |
|                       |   |   |   |   |   |   |   |
|                       |   |   |   |   |   |   |   |

# MONTHLY DEEP CLEAN CHECKLIST

Tackle a few each week and you are done!

## Kitchen

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- ☐ Clean the oven
- ☐ Defrost the freezer
- ☐ Wipe cabinet fronts
- ☐ Clean the dishwasher
- ☐ Organize the pantry

## Bathroom

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- ☐ Wash shower curtain
- ☐ Scrub grout
- ☐ Declutter cabinets
- ☐ Replace toothbrushes

## Whole House

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- ☐ Wash windows
- ☐ Dust ceiling fans
- ☐ Vacuum under furniture
- ☐ Wash pillows
- ☐ Clean baseboards
- ☐ Flip the mattress
- ☐ Test smoke alarms