

My Weekly Cleaning Checklist

A LITTLE CLEANING EVERY DAY,
A CALMER HOME ALL WEEK.

MONDAY

Kitchen Reset

- ☐ Clear countertops
- ☐ Wipe work surfaces
- ☐ Clean the sink and faucet
- ☐ Wipe cabinet fronts
- ☐ Check the fridge for spills or expired food
- ☐ Clean frequently touched handles

TUESDAY

Bathroom Refresh

- ☐ Clean the toilet
- ☐ Clean the sink and faucet
- ☐ Wipe the mirror
- ☐ Clean the shower or bathtub
- ☐ Empty the trash
- ☐ Replace towels

WEDNESDAY

Bedrooms & Laundry

- ☐ Put away clothes and items
- ☐ Clear bedside tables
- ☐ Dust furniture
- ☐ Change bedding (if needed)
- ☐ Do a load of laundry
- ☐ Fold and put away clean clothes

THURSDAY

Living Room & Dusting

- ☐ Put away items that don't belong
- ☐ Dust shelves and furniture
- ☐ Wipe coffee tables and side tables
- ☐ Clean decorative surfaces
- ☐ Straighten cushions and blankets
- ☐ Check frequently touched surfaces

FRIDAY

Floors & Entryway

- ☐ Vacuum carpets and rugs
- ☐ Sweep hard floors
- ☐ Mop washable floors
- ☐ Pay attention to high-traffic areas
- ☐ Clean the entryway
- ☐ Put away cleaning supplies

SATURDAY

Optional Deep Cleaning

- ☐ Clean the microwave
- ☐ Organize a drawer or cupboard
- ☐ Wipe doors and baseboards
- ☐ Clean a frequently used appliance
- ☐ Sort through a small area of clutter
- ☐ Or catch up on any missed tasks

SUNDAY

Rest & Weekly Reset

- ☐ Light tidying around the house
- ☐ Check laundry and put away items
- ☐ Prepare the kitchen for Monday
- ☐ Plan the week ahead
- ☐ Enjoy a well-deserved rest!

Everyday Cleaning Basics

- ☐ Make your bed (if you like)
- ☐ Wash dishes or load the dishwasher
- ☐ Wipe kitchen countertops
- ☐ Clean up food spills
- ☐ Put away items left around the house
- ☐ Check if the trash needs to be emptied
- ☐ Do a quick tidy before bed

Occasional Cleaning Tasks

- ☐ Clean the oven
- ☐ Clean inside kitchen cabinets
- ☐ Wash windows
- ☐ Clean behind large furniture
- ☐ Wash curtains or throw pillow covers
- ☐ Organize closets
- ☐ Deep clean appliances