Weekly Cleaning Checklist

15 minutes of daily basics plus one focus area each day.

Week of _____

Every day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make the beds	☐	☐	☐	☐	☐	☐	☐
Dishes / run the dishwasher	☐	☐	☐	☐	☐	☐	☐
Wipe kitchen counters & stove	☐	☐	☐	☐	☐	☐	☐
Quick tidy (10 minutes)	☐	☐	☐	☐	☐	☐	☐
Sweep the kitchen floor	☐	☐	☐	☐	☐	☐	☐
Check laundry	☐	☐	☐	☐	☐	☐	☐

Daily focus: one area per day

Monday · Kitchen

- ☐ Wipe cabinet fronts
- ☐ Clean the microwave
- ☐ Wipe the fridge handles
- ☐ Take out recycling

Tuesday · Bathrooms

- ☐ Clean toilet, sink and tub
- ☐ Wipe mirrors
- ☐ Swap towels
- ☐ Mop the floor

Wednesday · Dusting

- ☐ Dust shelves and surfaces
- ☐ Wipe light switches
- ☐ Dust TV and electronics
- ☐ Water the plants

Thursday · Floors

- ☐ Vacuum all rooms
- ☐ Mop hard floors
- ☐ Shake out doormats
- ☐ Vacuum the sofa

Friday · Bedrooms

- ☐ Change bed sheets
- ☐ Clear nightstands
- ☐ Put away clothes
- ☐ Empty bedroom bins

Weekend · Reset

- ☐ Meal plan + grocery list
- ☐ Clean out the fridge
- ☐ Take out all trash
- ☐ Plan next week

Missed a day? Skip it. Tomorrow gets its own area.

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