

WEEKLY cleaning schedule



Sunday Relax

Monday Laundry ~ change sheets,
wash & dry

Tuesday Laundry ~ fold & put away

Wednesday Vacuum & Dust

Thursday Kitchen ~ floors, fridge,
& microwave

Friday Bathrooms ~ so you're ready
for weekend entertaining!

Saturday Meal Plan & Collect Trash

WEEK AT - A - GLANCE



cleaning checklist

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
LAUNDRY {change sheets, wash, dry}	LAUNDRY {fold & put away}	VACUUM & DUST	KITCHEN {floors, fridge, microwave}	BATHROOMS	MEAL PLAN & YARD WORK
DEEP CLEANING FOR THIS WEEK {circle}					
DUST HIGH AREAS SPOT-CLEAN CARPETS CYCLE-CLEAN DISHWASHER		OVEN STOVETOP BURNERS LIGHT SWITCH PLATES		LAUNDER BATH RUGS CHANGE AC FILTERS SCRUB BREAKFAST TABLE	
NOTES					

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WEEKLY cleaning schedule



To-Do

Week of

S M T W TH F S

LAUNDRY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CHANGE SHEETS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VACUUM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
KITCHEN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MICROWAVE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
REFRIGERATOR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SWEEP/MOP FLOORS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BATHROOMS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
COLLECT TRASH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MEAL PLAN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY CLEANING

Make Beds
Dishes/Dishwasher
Tidy Kitchen
Pick Up After Meals

Pick Up Clutter & Toys
Take Out Trash
Sweep/Vacuum {as needed}
Wipe Down Toilets {as needed}

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YEAR - ROUND



cleaning checklist

DAILY	WEEKLY	MONTHLY	ANNUALLY
<input type="checkbox"/> make beds	<input type="checkbox"/> laundry	<input type="checkbox"/> dusty high areas	<input type="checkbox"/> shampoo carpets
<input type="checkbox"/> dishes/dishwasher	<input type="checkbox"/> change sheets	<input type="checkbox"/> spot-clean carpets	<input type="checkbox"/> spot clean doors
<input type="checkbox"/> tidy kitchen	<input type="checkbox"/> bathrooms	<input type="checkbox"/> cycle-clean dishwasher	<input type="checkbox"/> touch-up paint walls
<input type="checkbox"/> kitchen garbage	<input type="checkbox"/> vacuum	<input type="checkbox"/> oven	<input type="checkbox"/> hard-water buildup
<input type="checkbox"/> pick up house	<input type="checkbox"/> dust	<input type="checkbox"/> stovetop burners	<input type="checkbox"/> dust ceiling fans
<input type="checkbox"/>	<input type="checkbox"/> sweep & mop floors	<input type="checkbox"/> light switch plates	<input type="checkbox"/> vacuum inside couch
<input type="checkbox"/>	<input type="checkbox"/> refrigerator	<input type="checkbox"/> launder bath rugs	<input type="checkbox"/> cabinets/drawers
<input type="checkbox"/>	<input type="checkbox"/> microwave	<input type="checkbox"/> change AC filters	<input type="checkbox"/> windows
<input type="checkbox"/>	<input type="checkbox"/> collect trash	<input type="checkbox"/> scrub breakfast table	<input type="checkbox"/> scrub grout
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> garage
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> QUARTERLY	<input type="checkbox"/> vacuum mattresses
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> wash bed covers	<input type="checkbox"/> catch cobwebs
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> swap seasonal clothes	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> change furnace filter	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> blinds	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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DIRTY TO DONE! *by* TipJunkie.com