one zone a day, about 20 minutes

Weekly Cleaning Schedule

WEEK OF _____

MON Kitchen

- [ ] Clear the counters
- [ ] Wipe counters with warm soapy water
- [ ] Wipe the stovetop once it is cool
- [ ] Wipe and dry the sink and faucet

TUE Bathroom

- [ ] Fan on or window open, gloves on
- [ ] Spray sink, counter and tub
- [ ] Wipe, rinse and dry
- [ ] Toilet last, with its own cloth

WED Dust

- [ ] Shelves and TV stand, high to low
- [ ] Window sills
- [ ] Door handles and light switches
- [ ] Vacuum the sofa

THU Floors

- [ ] Vacuum the busy paths first
- [ ] Edges, under the couch and bed
- [ ] Spot-mop sticky areas only

FRI Bedding & towels

- [ ] Strip the bed, wash the sheets
- [ ] Wash towels and pet bedding
- [ ] Tidy the floor, wipe nightstands
- [ ] Clean sheets back on
- [ ] Leave the washer door open

SAT Fridge & trash

- [ ] Clean one fridge shelf
- [ ] Toss anything expired
- [ ] Wipe the microwave
- [ ] Wash the trash can, let it dry

SUN

Day off, or catch up on one job you missed.

EVERY EVENING · 5 MINUTES

- ○ Dishes done
- ○ Counters wiped
- ○ Stray items in a basket
- ○ Pet bowls rinsed
- ○ Trash out if full

NOTES

write your own week

My Weekly Cleaning Plan

WEEK OF _____

MON _____

TUE _____

WED _____

THU _____

FRI _____

SAT _____

SUN _____

EVERY EVENING · 5 MINUTES

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

NOTES