

Cleaning Schedule

25 weekly tasks spread from Monday to Sunday, plus 8 daily tasks (33 in all). Each day of the plan takes 28 min to 30 min; the longest is Wednesday at 30 min. The daily tasks add 15 min a day.

★ Every day 15 min

- ☐ **Wipe kitchen counters after meals** 3 min
Kitchen
- ☐ **Load and run dishwasher or hand-wash dishes** 2 min
Kitchen
- ☐ **Wipe down bathroom sink** 1 min
Bathroom
- ☐ **Make beds** 2 min
Bedroom
- ☐ **Sweep high-traffic entry area** 2 min
Entryway
- ☐ **Put away clutter in living room** 2 min
Living room
- ☐ **Take out full trash bags** 2 min
Kitchen
- ☐ **Wipe stovetop after cooking** 1 min
Kitchen

💧 Monday 28 min

- ☐ **Clean bathroom mirrors with a dry microfiber cloth** 5 min
Bathroom
- ☐ **Scrub toilet bowl and exterior** 8 min
Bathroom
- ☐ **Vacuum bedroom carpets and rugs** 10 min
Bedroom
- ☐ **Dust bedroom furniture surfaces** 5 min
Bedroom

🍂 Tuesday 29 min

- ☐ **Wipe down kitchen cabinet fronts** 8 min
Kitchen
- ☐ **Clean inside microwave with dish soap and water** 6 min
Kitchen
- ☐ **Vacuum living room upholstery** 10 min
Living room
- ☐ **Dust ceiling fan blades** 5 min
Living room

🕒 Wednesday 30 min

- ☐ **Mop kitchen floor with hot tap water** 12 min
Kitchen
- ☐ **Wipe exterior of refrigerator** 5 min
Kitchen
- ☐ **Clean baseboards in hallway** 8 min
Hallway
- ☐ **Empty and wipe wastebaskets** 5 min
Whole home

☑ Thursday 29 min

- ☐ **Dust shelves and bookcases** 8 min
Living room
- ☐ **Vacuum stairs and runners** 10 min
Stairway
- ☐ **Wipe light switches and doorknobs** 6 min
Whole home
- ☐ **Clean pet feeding area** 5 min
Kitchen

Friday 28 min

- ☐ **Wash bathroom shower and tub with a pH-neutral cleaner** 15 min
Bathroom
- ☐ **Laundry bath towels and mats** 10 min
Bathroom
- ☐ **Clean laptop screen with a dry microfiber cloth** 3 min
Home office

Saturday 28 min

- ☐ **Vacuum entryway rug and mat** 6 min
Entryway
- ☐ **Wash kitchen towels and rags** 8 min
Kitchen
- ☐ **Deep clean inside oven** 14 min
Kitchen

Sunday 28 min

- ☐ **Change bed linens** 10 min
Bedroom
- ☐ **Water houseplants and wipe leaves** 8 min
Living room
- ☐ **Plan next week's grocery and cleaning supplies** 10 min
Whole home