

Realistic Cleaning Schedule

20 weekly tasks spread from Monday to Sunday, plus 8 daily tasks (28 in all). Each day of the plan takes 18 min to 20 min; the longest is Monday at 20 min. The daily tasks add 10 min a day.

✧ Every day 10 min

- ☐ **Wipe kitchen counters after cooking** 2 min
Kitchen
- ☐ **Rinse dishes or load dishwasher** 2 min
Kitchen
- ☐ **Wipe down stovetop** 1 min
Kitchen
- ☐ **Make beds** 1 min
Bedroom
- ☐ **Put away stray items** 1 min
Living room
- ☐ **Wipe bathroom sink** 1 min
Bathroom
- ☐ **Take out full trash bags** 1 min
Kitchen
- ☐ **Sweep high-traffic entry spot** 1 min
Entryway

💧 Monday 20 min

- ☐ **Vacuum living room rug** 8 min
Living room
- ☐ **Dust shelves and tables** 7 min
Living room
- ☐ **Wipe light switches and doorknobs** 5 min
Whole home

🍃 Tuesday 18 min

- ☐ **Clean toilet bowl and seat** 8 min
Bathroom
- ☐ **Scrub shower walls and door** 10 min
Bathroom

🕒 Wednesday 20 min

- ☐ **Wash bathroom floor** 9 min
Bathroom
- ☐ **Dust bedroom furniture** 6 min
Bedroom
- ☐ **Change bed linens** 5 min
Bedroom

☑ Thursday 20 min

- ☐ **Clean kitchen appliance exteriors** 9 min
Kitchen
- ☐ **Sanitize cutting boards and sink** 6 min
Kitchen
- ☐ **Wipe baseboards in hallway** 5 min
Hallway

⚠ Friday 20 min

- ☐ **Vacuum stairs and hallway** 10 min
Hallway
- ☐ **Dust ceiling fan blades** 5 min
Living room
- ☐ **Wipe entry door and mat** 5 min
Entryway

⊕ Saturday 20 min

- ☐ **Mop kitchen floor** 10 min
Kitchen
- ☐ **Clean refrigerator shelves** 10 min
Kitchen

Sunday

20 min

- ☐ **Dust television and electronics with a dry microfiber cloth** 5 min
Living room
- ☐ **Wash kitchen towels and rags** 5 min
Laundry area
- ☐ **Tidy entry closet and shoe rack** 5 min
Entryway
- ☐ **Water houseplants and wipe pots** 5 min
Living room