Weekly Cleaning Schedule

A few minutes every day, plus one focus area a day.

Week of _____

Every day

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make the beds	☐	☐	☐	☐	☐	☐	☐
Wash the dishes or run the dishwasher	☐	☐	☐	☐	☐	☐	☐
Wipe the kitchen counters and stovetop	☐	☐	☐	☐	☐	☐	☐
Do a 10-minute tidy	☐	☐	☐	☐	☐	☐	☐
Sort the mail	☐	☐	☐	☐	☐	☐	☐

Monday: Kitchen

- ☐ Wipe appliance fronts
- ☐ Clean the microwave
- ☐ Toss old food in the fridge
- ☐ Mop the kitchen floor

Tuesday: Bathrooms

- ☐ Scrub the toilets
- ☐ Clean sinks and mirrors
- ☐ Wipe the tub and shower
- ☐ Swap towels and bath mats

Wednesday: Dusting

- ☐ Dust shelves and tables
- ☐ Wipe switches and door handles
- ☐ Dust electronics and lamps
- ☐ Wipe the dining chairs

Thursday: Floors

- ☐ Vacuum rugs and carpets
- ☐ Sweep and mop hard floors
- ☐ Shake out the entry mats
- ☐ Vacuum the stairs

Friday: Bedrooms

- ☐ Change the sheets
- ☐ Put away clean laundry
- ☐ Clear the nightstands
- ☐ Empty the bedroom trash

Saturday: Laundry and catch-up

- ☐ Wash towels and sheets
- ☐ Fold and put it all away
- ☐ Finish a task you skipped
- ☐ Wipe the washer door seal

Sunday: Reset and plan

- ☐ Take out trash and recycling
- ☐ Restock cleaning supplies
- ☐ Plan meals for the week
- ☐ Set out what Monday needs

Notes

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Free for personal and classroom use