

FREE PRINTABLE · CLEANING

Daily Cleaning Checklist

The twenty minutes that stop a house from ever needing a full weekend.

WEEK OF

HOUSEHOLD

MORNING — 10 MINUTES

☐

 Make the beds

☐

 Open the curtains and air a room

☐

 Load or empty the dishwasher

☐

 Wipe kitchen worktops

☐

 Start a load of laundry

☐

☐

THROUGH THE DAY

☐

 Wash up as you go

☐

 Put things back where they live

☐

 Wipe the bathroom sink

☐

 Deal with the post

☐

 Sort the laundry you started

☐

☐

EVENING RESET — 10 MINUTES

☐

 Clear and wipe all surfaces

☐

 Sweep the kitchen floor

☐

 Run the dishwasher

☐

 Tidy the living room

☐

 Take the bin out if it is full

☐

 Set out tomorrow's things

☐

☐

WHOEVER IS UP LAST

☐

 Lights and appliances off

☐

 Doors locked

☐

 Nothing left on the stairs

☐

☐

Seven-day tick

	MON	TUE	WED	THU	FRI	SAT	SUN
Morning done							
Evening reset done							

Twenty minutes a day beats four hours on a Saturday, and it is the only version that survives a busy week.