

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.