

FREE PRINTABLE · CLEANING

Weekly Cleaning Schedule

One focus area per day — no day is ever more than about forty minutes.

WEEK OF

WHO IS DOING WHAT

MONDAY — KITCHEN

- ☐ Wipe cupboard fronts
- ☐ Clean the hob and splashback
- ☐ Wipe out the microwave
- ☐ Mop the floor
- ☐ Empty and wipe the bin
- ☐ _____

TUESDAY — BATHROOMS

- ☐ Toilets
- ☐ Shower and bath
- ☐ Sinks and taps
- ☐ Mirrors
- ☐ Floors
- ☐ Restock paper and soap
- ☐ _____

WEDNESDAY — BEDROOMS

- ☐ Change the bedding
- ☐ Dust surfaces
- ☐ Clear the floor
- ☐ Vacuum
- ☐ Put away clean laundry
- ☐ _____

THURSDAY — LIVING SPACES

- ☐ Dust and polish
- ☐ Plump and straighten
- ☐ Vacuum including edges
- ☐ Clean the TV screen
- ☐ Tidy shelves
- ☐ _____

FRIDAY — FLOORS & ENTRY

- ☐ Vacuum the whole house
- ☐ Mop hard floors
- ☐ Shake out doormats
- ☐ Wipe light switches and handles
- ☐ _____

WEEKEND — CATCH-UP

- ☐ Laundry finished and put away
- ☐ Fridge clear-out
- ☐ Bins out for collection
- ☐ One thing from the deep-clean list
- ☐ _____
- ☐ _____