

CLEANING ROUTINE

A helpful guide to keeping a clean & comfortable home.

Daily Cleaning Routine

Focus on keeping things tidy and fresh so that things don't build up.

Morning:

- ☐ Make the bed.
- ☐ Wipe down bathroom sinks and counters.
- ☐ Quick wipe of kitchen counters and table after breakfast.
- ☐ Empty dishwasher if needed.
- ☐ Open windows to air out the house if possible.

Throughout the Day:

- ☐ Tidy up after each meal (wipe down surfaces, dishes, etc.).
- ☐ Do a 5-minute sweep of high-traffic areas (living room, kitchen, etc.).
- ☐ Put away items as they accumulate (shoes, mail, jackets).

Evening:

- ☐ Wipe down kitchen counters after dinner.
 - ☐ Clean up dishes and load dishwasher (or wash).
 - ☐ Sweep/vacuum high-traffic areas (especially the kitchen, living room).
 - ☐ Take out the trash (if it's full or smells).
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Weekly Cleaning Routine

This includes tasks that need a little more attention but don't require daily focus.

Monday:

- ☐ Dust all surfaces (tables, shelves, electronics, etc.).
- ☐ Clean mirrors and glass surfaces (bathroom mirrors, windows, etc.).

Tuesday:

- ☐ Deep clean bathrooms: scrub toilets, sinks, showers, and tubs.
- ☐ Wipe down all bathroom surfaces, including light switches and handles.

Wednesday:

- ☐ Vacuum and mop all floors (especially high-traffic areas).
- ☐ Clean under furniture, beds, and behind appliances.

Thursday:

- ☐ Clean kitchen appliances (microwave, fridge, oven, dishwasher).
- ☐ Wipe down kitchen cabinet doors and handles.
- ☐ Empty and wipe out trash cans.

Friday:

- ☐ Change bed linens and replace towels.
- ☐ Clean out fridge, throw away expired food.
- ☐ Wipe down baseboards and door frames.

Saturday:

- ☐ Deep clean living areas (vacuum upholstery, spot clean any fabric stains).
- ☐ Organize clutter in main living spaces.
- ☐ Water plants, if needed.

Sunday:

- ☐ Laundry day: wash, fold, and put away clothes.
 - ☐ Do a quick sweep of high-traffic areas to reset for the week.
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Monthly Cleaning Routine

These tasks need to be done less frequently but are essential for deep cleaning and maintaining a fresh home.

First Week:

- ☐ Deep clean kitchen: clean oven, pull out fridge and clean behind it.
- ☐ Clean range hood, light fixtures, and vents.
- ☐ Vacuum air vents and replace filters if needed.

Second Week:

- ☐ Clean windows (inside and outside if accessible).
- ☐ Wash shower curtain or clean shower door tracks.
- ☐ Deep clean carpets (spot clean stains or hire professional cleaning service).

Third Week:

- ☐ Dust and clean ceiling fans and light fixtures.
- ☐ Clean under furniture thoroughly (lift heavy pieces to vacuum underneath).
- ☐ Clean outdoor spaces (porch, balcony, etc.).

Fourth Week:

- ☐ Clean out and organize storage spaces (closets, garage, etc.).
 - ☐ Deep clean the laundry room (clean washer and dryer, check for lint buildup).
 - ☐ Declutter any items you no longer use or need.
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Additional Tips:

Stay on Top of Laundry:

Doing a laundry every few days can prevent it from piling up. This includes folding and/or hanging all items when removed from the dryer, not sitting in baskets.

Break it up:

If a full cleaning session feels overwhelming, break tasks into smaller chunks throughout the day.

Set a Timer:

Challenge yourself to do tasks in 10–15 minutes intervals to keep them manageable.

Use a Cleaning Playlist or Podcast:

Sometimes listening to a podcast or motivating music can make cleaning feel like less of a chore.