

Cleaning Schedule - Week of -- - -- - ----

MORNING ROUTINE

- Shower / Dress to Shoes
- Tidy Bathroom
- One Load of Laundry
- Make Bed
- Exercise
- Empty Dishwasher
- Review Calendar / Planner
- Are clutter spots tidy?
- What is for dinner?
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MONDAY

- Spot-check Walls
- Spot-check Carpet
- Vacuum / Sweep / Mop
- Clean Interior Windows

TUESDAY

- Wash All Bedding
- Clean Bedrooms
- Wipe Down Baseboards
- Disinfect Doors + Handles
- Organize Closets
- Organize Drawers

WEDNESDAY

- Clean Stovetop
- Clean Oven
- Clean Microwave
- Wipe down Appliances
- Clean Refrigerator
- Organize Pantry

THURSDAY

- Dust Living Room
- Spot Clean Couch
- Clean End Tables
- Clean Dining Table
- Clean Dining Nook
- Clean Nami's Area
- Plan next week's dinner
- Organize (Your Choice)

FRIDAY

- Scrub Toilets
- Clean Showers / Tubs
- Clean Sinks / Counters
- Windex All Mirrors
- Empty Bathroom Trash
- Disinfect Cabinets / Doors

SATURDAY

- Clean out Car
- Tidy up Garage
- Tidy up Office
- Complete any Filing
- Yardwork
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SUNDAY

- Grocery Shopping
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EVENING ROUTINE

- 10-Minute Tidy
- Check Clutter Areas
- Tomorrow's To-Do
- Run Dishwasher
- Add to Grocery List
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