

Cleaning Checklist

Daily Cleaning Checklist

- Make the bed
- Wash dishes or load/unload the dishwasher
- Wipe down kitchen counters and stovetop
- Sweep or vacuum high-traffic areas (living room, kitchen)
- Spot-clean spills or messes (floors, tables)
- Tidy up clutter in living areas (toys, papers, etc.)
- Take out the trash (as needed)
- Clean bathroom sink and wipe down the counter (as needed)

Weekly Cleaning Checklist

General Areas:

- Dust furniture, shelves, and surfaces
- Vacuum or sweep all floors (living room, bedrooms, hallways)
- Mop hard floors (kitchen, bathroom)
- Wipe down light switches and door handles

Bathrooms:

- Scrub and disinfect the toilet
- Clean bathroom sinks and countertops
- Wipe down mirrors
- Scrub the bathtub/shower
- Empty trash cans

Kitchen:

- Wipe down appliances (microwave, oven, fridge exterior)
- Clean kitchen sink and faucet

- Empty and clean the fridge of expired food
- Sanitize sponges or replace them
- Wipe down cabinet fronts (as needed)

Bedrooms:

- Wash and change bedding
- Tidy and organize closets or drawers (as needed)

Car:

- Remove trash and items that don't belong
- Vacuum interior (seats and floor mats)
- Wipe down dashboard and interior surfaces
- Clean windows (interior)

Monthly Cleaning Checklist

General Areas:

- Clean light fixtures and ceiling fans
- Wash windows (inside and out)
- Dust baseboards and moldings
- Spot-clean walls and doors
- Declutter one big area (closets, garage, attic)

Bathrooms:

- Deep clean tiles and grout
- Wash shower curtains or clean glass doors
- Deep clean under sink storage

Kitchen:

- Deep clean the oven and stovetop
- Clean inside the fridge (shelves, drawers)
- Wipe down pantry shelves and reorganize

Bedrooms:

- Rotate or vacuum mattresses
- Wash pillows and comforters

Car:

- Schedule an oil change (if needed)
- Wash and wax car exterior
- Check and restock emergency kit

Appliances:

- Clean vacuum filters
- Wipe down washer and dryer (run a cleaning cycle on washer)
- Run a cleaning cycle on dishwasher
- Clean coffee maker
- Defrost and clean the freezer (if applicable)