

# Cleaning Journal and Check Lists



# CLEANING SCHEDULE

*Monday*

BEDROOMS

- Wipe surfaces
- Clean floors
- Declutter
- Clean mirrors
- Change bed sheets

*Tuesday*

BATHROOMS

- Clean toilet
- Clean shower + bathtub
- Clean sink + vanity
- Sweep and mop
- Empty trash

*Wednesday*

KITCHEN

- Clean out fridge
- Wipe surfaces + chairs
- Scrub sink
- Sweep and mop
- Clean appliances

*Thursday*

LIVING ROOM

- Declutter
- Wipe surfaces
- Clean floor
- Dust TV + blinds
- Wipe light switches + remotes

*Friday*

WEEKLY ROTATION

- Week 1 - Windows + blinds
- Week 2 - Walls + baseboards
- Week 3 - Sweep garage
- Week 4 - Clean oven
- Laundry

*Weekend*

OTHER

- Meal Planning
- Declutter pantry
- Yard work
- Tidy car
- Sweep front step

*Daily Tasks*

Make Beds

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pick up Clutter

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do Dishes

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Wipe Counters

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Monthly Tasks*

- Dust ceiling fans
- Wash windows
- Tidy basement
- Throw out unwanted items
- Sort mail



# CHORES CHART

Week of \_\_\_\_\_

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MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

# SPEED CLEANING

Set a timer for 10 minutes for each room. When the timer is up move to the next room even if you didn't complete everything! If you have more time, go back and finish the incomplete tasks.

## KITCHEN

- Put away food on counter
- Wipe counters
- Do dishes
- Unload/load dishwasher
- Throw out any trash
- Wipe down appliances
- Clean floor
- Take out trash

## BATHROOM

- Wipe sink
- Wipe mirrors
- Wipe toilet
- Pick up dirty clothes
- Sweep floor
- Clean shower/tub
- Close shower curtain
- Spray air freshener

## LIVING ROOM

- Remove clutter
- Throw out any trash
- Straighten furniture
- Wipe all surfaces
- Throw out any trash
- Sweep/vacuum floor
- Dust electronics

## BEDROOM

- Make bed
- Put dirty clothes in hamper
- Put away clean clothes
- Put shoes in closet
- Wipe off surfaces
- Sweep/vacuum floor
- Empty trash

## HAVE MORE TIME?

Clean out the fridge, sweep the entryway, sweep the porch or organize your closet!