PRINTABLE CHECKLIST

15-Minute Daily Cleaning Routine

A whole home reset in just 15 minutes a day. Set a timer, work through the three blocks in order, and tick each task off as you go - no perfection, just progress.

Minutes 1-5	Minutes 6-10	Minutes 11-15
KITCHEN	LIVING ROOM	BATHROOM + BEDS

HOW TO USE THIS CHECKLIST

Print one copy and keep it where you will see it - on the fridge works well. Set a 15-minute timer, start at the top, and stop when the timer ends. Anything left over moves to tomorrow.

HAVE READY

- All-purpose spray and a cloth
- Broom or vacuum
- Trash bag
- A basket for loose items

1-5 min Kitchen

Start here - it is the most visible mess

- [ ] Clear dishes from the sink
- [ ] Load or run the dishwasher
- [ ] Wipe kitchen counters
- [ ] Wipe the stovetop
- [ ] Take out the trash if full

6-10 min Living Room

A fast reset makes the whole room feel tidy

- [ ] Pick up loose items
- [ ] Fluff cushions and fold throws
- [ ] Dust surfaces quickly
- [ ] Vacuum or sweep high-traffic floors
- [ ] Put remotes and magazines back in place

11-15 min Bathroom and Bedrooms

Finish strong - every main room touched today

- [ ] Make the beds
- [ ] Wipe the bathroom sink and mirror
- [ ] Wipe bathroom taps
- [ ] Hang up towels
- [ ] Put clothes away

Your 7-Day Tracker

Tick a box each day you finish the routine. Seven ticks in a row means the habit is built - keep the streak going.

Block	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Kitchen (1-5 min)							
Living Room (6-10 min)							
Bathroom + Bedrooms (11-15 min)							

TIPS TO KEEP IT TO 15 MINUTES

- Always use the timer - it keeps you moving and stops one room eating the whole routine.
- Carry the basket with you and drop loose items in as you go, then put them away in one trip.
- Short on time? Do just the Kitchen block. Five minutes there makes the biggest difference.
- Put music on and treat the 15 minutes as a reset, not a deep clean.

NOTES