Printable Cleaning Checklist

Daily, weekly and monthly cleaning in one place. Print it, pin it up, and tick each job off as you go.

How to use it: Do the daily list every day, follow one weekly focus each day of the week, and work through the monthly list once a month. Tick the box when a job is done.

Daily - 15 Minutes

Six quick jobs that stop mess building up. Set a timer and work through them in order.

- [ ] Make all beds
- [ ] Wash dishes or load the dishwasher
- [ ] Wipe kitchen counters and sink
- [ ] Put things back in their place
- [ ] Quick sweep or vacuum high-traffic areas
- [ ] Take out the trash if full

Weekly - Room by Room

One focus for each day, so the whole home gets cleaned without one big cleaning day.

- [ ] **Monday - Kitchen:** wipe stove, scrub sink, mop floor
- [ ] **Tuesday - Bathroom:** scrub toilet and shower, clean mirror, change towels
- [ ] **Wednesday - Living Room:** dust shelves, vacuum sofa, mop or vacuum floor
- [ ] **Thursday - Bedrooms:** change bedsheets, dust nightstands, vacuum floor
- [ ] **Friday - Laundry:** wash, dry, and fold clothes
- [ ] **Saturday - Deep clean:** one extra area, such as windows or balcony
- [ ] **Sunday - Reset:** reset the whole house and check supplies for next week

Monthly

The deeper jobs that daily and weekly cleaning miss. Spread them across the month or do them in one session.

- [ ] Wipe cabinet fronts and clean the microwave
- [ ] Clean the oven and range hood filter
- [ ] Scrub bathroom grout and descale the showerhead
- [ ] Dust ceiling fans, vents, and baseboards
- [ ] Vacuum under furniture and wash pillows
- [ ] Clean the washing machine drum and dryer lint vent
- [ ] Test smoke detectors and restock cleaning supplies

This Week's Top 3

The three jobs that matter most this week. Write them down and do them first.

1.

2.

3.

Notes

Keep it going: Print a fresh copy each month, keep it where everyone can see it, and tick jobs off as you finish them. Small daily habits beat one exhausting deep clean.