

CLEANING CHECKLIST

CLEANING SCHEDULE

DAILY

- ☐ Sort mail
- ☐ Empty trash
- ☐ Do dishes
- ☐ Clean, sweep and mop
- ☐ One load of laundry
- ☐ Sanitise countertops
- ☐
- ☐

TUESDAY

- ☐ KITCHEN
- ☐ Scrub the sink
- ☐ Empty trash
- ☐ Mop floor
- ☐ Wipe appliances
- ☐
- ☐

M	T	W	T	F	S	S
✓	✓	●	●	●	●	●
✓	✗	●	●	●	●	●
✓	✓	●	●	●	●	●
✓	✓	●	●	●	●	●
✓	✓	●	●	●	●	●
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WEDNESDAY

- ☐ BEDROOMS
- ☐ Declutter
- ☐ Dust the furniture
- ☐ Wash the sheets
- ☐ Wipe smudges
- ☐ Vacuum the floor
- ☐

MONDAY

- ☐ BATHROOMS
- ☐ Scrub the sink, tub
- ☐ Scrub the toilet
- ☐ Clean the mirror
- ☐ Vacuum, mop
- ☐ Empty the trash
- ☐
- ☐



THURSDAY

- ☐ LIVING ROOM
- ☐ Wash drapes
- ☐ Dry dust
- ☐ Spray and wipe
- ☐ Wipe smudges
- ☐ Mop floor
- ☐

FREE 150+ CLEANING LIST INCLUDED