

....Zone Cleaning List.....



1	KITCHEN	DINING ROOM
	• wipe down/declutter countertops	• sweep/mop under dining table
	• wipe down cabinet/drawer fronts	• wipe down/dust dining room furniture
	• wipe down all appliances	• spot clean dining chairs
	• sweep/mop kitchen floors	• general tidying up
	• organize fridge and pantry	
2	BATHROOMS	• spray disinfectant on plastic shower curtains
	• clean countertops/faucets	• shake out bathmats
	• clean all toilets	• organize/declutter countertops/drawers
	• clean bathroom mirrors	
	• sweep/mop all bathroom floors	
	• clean bathtubs/showers	
3	BEDROOMS	
	• vacuum bedrooms	
	• dust all bedroom furniture	

**3
Designs!
8 Pages**

....Cleaning Schedule.....

mon	- wipe down kitchen appliances - clean out/organize fridge & pantry - sweep/mop kitchen floors - wipe down kitchen counters/cabinets - scrub kitchen sink
tues	- clean bathroom counters/faucets - clean bathroom mirrors - clean toilets - clean tubs and showers - sweep/mop bathrooms
wed	- dust master bedroom furniture - vacuum master bedroom - declutter master bedroom - clean off nightstands - organize master closet
thur	- sweep/mop living room floors - dust living room furniture - spot treat and fluff couch pillows - general living room decluttering - wash/fold blankets
fri	- dust kids' bedroom furniture - vacuum kids' bedrooms - general kids' bedroom decluttering - clean off kids' nightstands - organize kids' closets
sat	- wash/fold/put away laundry - meal plan and make grocery list - general tidying up - pay bills
sun	- catch up on misc chores - REST!

for the week of

daily cleaning	M T W T F S S
clear out kitchen sink	• • • • • • •
make beds	• • • • • • •
put away laundry	• • • • • • •
sort mail/paper clutter	• • • • • • •
wipe kitchen counters	• • • • • • •
wipe dining table	• • • • • • •
take out trash	• • • • • • •
general tidying up	• • • • • • •

monthly cleaning

dust all window blinds	
dust all light fixtures	
wash bedding	
clean window sills	
shampoo rugs (if needed)	
clean baseboards	
change air filters	

Cleaning Schedule



DAILY CLEANING		S	M	T	W	T	F	S
wash dishes/clear out kitchen sink								
make beds								
put away laundry								
sort mail and file paper clutter								
wipe kitchen counters and dining table								
take out trash								
general tidying up								
MONDAY	TO DO	DONE						
	wipe down kitchen appliances							
	change kitchen towels/dish cloths							
	organize pantry							
	scrub kitchen sink							
	clean out/organize fridge							
	disinfect kitchen counters							
TUESDAY	TO DO	DONE						
	wipe down bathroom mirrors							
	clean toilets							
	clean bathroom counters/faucets							
	clean tub and showers							
	shake out bathmats							
	change out bath towels							
WEDNESDAY	TO DO	DONE						
	dust master bedroom furniture							
	vacuum master bedroom							
	general master bedroom decluttering							
	clean off nightstands							
	organize master closet							
THURSDAY	TO DO	DONE						
	sweep/mop living room floors							
	dust living room furniture							
	spot treat and fluff pillows							
	general decluttering							
	wash/fold throw blankets (if needed)							
FRIDAY	TO DO	DONE						
	dust kids' bedroom furniture							
	vacuum kids' bedrooms							
	general kids' bedrooms decluttering							
	clean off kids' nightstands							
	remove trash from kids' rooms							
	organize kids' closets							
SATURDAY/SUNDAY	TO DO	DONE						
	wash/fold/put away all laundry							
	meal plan/make grocery list							
	general tidying up							
	pay bills							