

# Daily Cleaning Checklist

The 10-minute reset

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- Make the beds
- Wipe kitchen counters
- Run the dishwasher (or hand wash a sink-load)
- Wipe down the bathroom sink
- One load of laundry — wash, dry, fold
- Pick up shoes, bags, jackets at the door
- Take out the kitchen trash if it's full
- Sweep or quick-vacuum the kitchen floor
- Tidy living room — put 10 things away
- Set out anything for tomorrow morning

# Weekly Cleaning Checklist

Split by day of the week

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- Monday — vacuum all carpets and rugs
- Tuesday — bathrooms (toilets, tubs, showers)
- Wednesday — dust surfaces and ceiling fans
- Thursday — mop hard floors
- Friday — change all bed sheets
- Saturday — fridge wipe-out and meal-plan groceries
- Sunday — laundry catch-up and Sunday reset
- Empty all small trash cans
- Wipe doorknobs, light switches, remotes
- Clean inside the microwave

# Monthly Cleaning Checklist

Once-a-month rotation

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- Wash mattress pads and pillow covers
- Vacuum couches and chair cushions
- Wipe baseboards in main rooms
- Clean window glass (inside and outside one floor)
- Wash kitchen trash can
- Descal the kettle and coffee maker
- Wipe inside the dishwasher gasket
- Run a vinegar cycle through the washing machine
- Vacuum dryer lint trap and vent area
- Tidy and dust the entry shelves
- Wipe handles on all small appliances
- Re-fold towels and linens (donate any extras)

# Deep Clean Checklist

Twice a year — spring and fall

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- Wash all windows inside and outside
- Steam clean carpets
- Clean inside the oven
- Defrost and wipe out the freezer
- Wash curtains and blinds
- Vacuum mattresses
- Flip and rotate mattresses
- Clean light fixtures and chandeliers
- Wipe inside cabinets and drawers
- Wash garbage cans inside and out
- Power-wash patio furniture and front porch

# Room-by-Room Reset

Kitchen · Bathroom · Bedroom · Living · Laundry

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- Kitchen — counters, sink, stovetop, fridge front
- Kitchen — sweep + spot mop
- Bathroom — sink, mirror, toilet, tub
- Bathroom — restock soap, TP, towels
- Bedrooms — bed made, surfaces clear, floor clear
- Bedrooms — laundry basket emptied
- Living room — pillows fluffed, surfaces wiped
- Living room — toys to bins, blankets folded
- Laundry — washer empty, dryer empty, lint trap clean
- Laundry — folded baskets back to rooms