

Weekly

CLEANING SCHEDULE

By working a little bit each day, you'll maintain a clean, decluttered home with ease. Start by building your daily routines. Then, pick one or two tasks per day until you're able to maintain the whole list. Take your time and make it your own!

DAILY

- ☐ MAKE BED
- ☐ EMPTY DISHWASHER AM
- ☐ RUN DISHWASHER PM
- ☐ WIPE DOWN COUNTERS
- ☐ TIDY FOR 15 MINUTES
- ☐ MANAGE LAUNDRY

MONDAY

LIVING ROOM

- ☐ DUST
- ☐ CLEAN WINDOWS
- ☐ WIPE DOWN COUNTERS, ETC.
- ☐ CLEAN SWITCHES & HANDLES
- ☐ VACUUM

TUESDAY

BATHROOM

- ☐ CLEAN MIRRORS & SINK
- ☐ CLEAN TOILET
- ☐ POLISH SINK HARDWARE
- ☐ EMPTY TRASH
- ☐ SCRUB SHOWER OR TUB

WEDNESDAY

BEDROOMS

- ☐ STRIP BEDS
- ☐ WASH & DRY BEDDING
- ☐ MAKE BEDS
- ☐ TIDY UP & DECLUTTER
- ☐ DUST SURFACES

THURSDAY

MAIN AREAS

- ☐ DUST CEILING FANS
- ☐ WIPE DOWN WINDOWSILLS
- ☐ VACUUM TRIM
- ☐ SWEEP OR VACUUM
- ☐ MOP

FRIDAY

KITCHEN

- ☐ CLEAN STOVETOP & MICROWAVE
- ☐ REMOVE EXPIRED FOOD
- ☐ EMPTY TRASH & COMPOST
- ☐ WIPE DOWN APPLIANCES
- ☐ POLISH SINK

SATURDAY

POLISH

- ☐ POLISH WOOD FURNITURE
- ☐ CLEAN ANY GRANITE OR STONE
- ☐ SHINE STAINLESS STEEL
- ☐ OIL WOODEN BRUSHES & TOOLS
- ☐ DEODORIZE CARPETS & VACUUM

SUNDAY

MAINTAIN (PICK ONE)

- ☐ ORGANIZE A DRAWER
- ☐ DECLUTTER A CUPBOARD
- ☐ SORT OLD CLOTHES
- ☐ WIPE DOWN LAUNDRY MACHINE
- ☐ TIDY UP OUTSIDE

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DAILY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

□ □ □ □ □ □

FRIDAY

SATURDAY

□ □ □ □ □ □

SUNDAY

Zero Waste

CLEANING TIPS

Here are some simple cleaning procedures to keep your home clean and cozy!
Always spot test your cleaners before using. Vinegar should not be used on stone. Hydrogen peroxide can bleach surfaces.

GENERAL CLEANING

Choose your cleaner: a concentrate like Sal Suds or vinegar (1:1 vinegar to water ratio).

Pour into reusable spray bottles. Spray and wipe off any counters, walls, or surfaces with a cleaning rag.

MIRRORS & WINDOWS

Wipe a damp cloth over the surface.

Dry with a glass polishing cloth, newspaper, or lint-free cloth.

STAIN REMOVER

Mix 1/2 tbsp of liquid dish soap or castile soap, 1/2 tbsp baking soda, & 1 tbsp hydrogen peroxide in a small bowl. Let sit for 5-10 minutes on fabric or surfaces before washing away.

Peroxide will bleach color so spot test first. Excellent for whitening tubs and tile, too!

CARPET DEODORIZER

Sprinkle baking soda over your carpet. Let it set for 20-30 minutes. Vacuum.

SHOWERS & SCOURING

If you have a baked on or grimy mess, sprinkle baking soda. Spray with vinegar. Scrub with a brush. Wipe clean with a wet cloth.

For tough messes, let the baking soda and vinegar set.

TOILETS

Spray the toilet, lid, and seat with your cleaning spray.

For cleaning the bowl, use 2 tbsp of my homemade toilet cleaner: 1/2 c of citric acid and 1/2 c of baking soda. Let fizz for 5-10 minutes. Scrub. Flush.

For hard water stains, buy a ceramic scouring stone. Wet it in the bowl before scrubbing the stains away!

DISINFECTANT

Reserve half a bottle of hydrogen peroxide in the brown plastic bottle. Fill the rest of the bottle with water. Attach a spray nozzle.

Spray on surfaces to disinfect. Allow to set for at least 10 minutes before washing away.

Hydrogen peroxide should never be stored in glass bottles as it can explode. Always spot test first.

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