Weekly Cleaning Checklist

A simple routine for a home that feels good.

WEEK OF _____

FOCUS THIS WEEK _____

	MON	TUE	WED	THU	FRI	SAT	SUN
KITCHEN							
Wipe countertops	☐	☐	☐	☐	☐	☐	☐
Clean sink and faucet	☐	☐	☐	☐	☐	☐	☐
Load / unload dishwasher	☐	☐	☐	☐	☐	☐	☐
Wipe stovetop	☐	☐	☐	☐	☐	☐	☐
Sweep or vacuum floor	☐	☐	☐	☐	☐	☐	☐
BATHROOM							
Wipe vanity and mirror	☐	☐	☐	☐	☐	☐	☐
Clean toilet	☐	☐	☐	☐	☐	☐	☐
Rinse shower / tub	☐	☐	☐	☐	☐	☐	☐
Replace towels	☐	☐	☐	☐	☐	☐	☐
Sweep or mop floor	☐	☐	☐	☐	☐	☐	☐
LIVING AREAS							
Tidy surfaces	☐	☐	☐	☐	☐	☐	☐
Dust furniture	☐	☐	☐	☐	☐	☐	☐
Vacuum high-traffic areas	☐	☐	☐	☐	☐	☐	☐
Put items back in place	☐	☐	☐	☐	☐	☐	☐
Empty small trash bins	☐	☐	☐	☐	☐	☐	☐
BEDROOMS							
Make beds / refresh linens	☐	☐	☐	☐	☐	☐	☐
Put away clothes	☐	☐	☐	☐	☐	☐	☐
Clear nightstands	☐	☐	☐	☐	☐	☐	☐
Dust visible surfaces	☐	☐	☐	☐	☐	☐	☐
Vacuum or sweep	☐	☐	☐	☐	☐	☐	☐

TOP 3 PRIORITIES

- ☐ _____
- ☐ _____
- ☐ _____

NOTES / REMINDERS

_____

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_____