

THE  
**WORKOUT MAMA**  
*cleaning schedule*

**Monday: Kitchen**

- Sweep/Mop
- Wipe Baseboards
- Clean Fridge
- Microwave
- Dust

**Tuesday: Living Room**

- Sweep/Mop/Vacuum
- Dust
- Wipe Baseboards
- Organize Toy Bins

**Wednesday: Master Bedroom**

- Vacuum
- Wipe Baseboards
- Dust
- Wash Bedding

**Thursday: Kids Bedrooms**

- Vacuum
- Wipe Baseboards
- Organize Toy Bins
- Wash Bedding
- Dust

**Friday: Bathrooms**

- Sanitize Tub, Toilet, Sink
- Wipe Baseboards/Walls
- Sweep/Mop
- Empty Trash
- Wipe Mirrors

**Daily**

- Dishes
- Empty Trash
- Wipe Stove/Countertops
- Wipe Bathroom Mirrors/Sink
- Make Beds
- Vacuum (as needed)

**Monthly**

- Organize Pantry
- Clean Washer/Dryer
- Check Air Vents
- Change Filters
- Wipe Kitchen Appliances
- Sweep Garage
- Shred Sensitive Documents
- Organize Bathroom Cabinets
- Vacuum Sofa
- Spot Clean Walls
- Check Smoke Alarms
- Wash/Vacuum Car