

- STAY AT HOME MOM -

DAILY CLEANING *schedule*

MORNING *chores*

- make bed
- unload dishwasher
- cleanup breakfast
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EVERYDAY *chores*

- 15 min laundry (gather, start load, fold load)
- daily chore (see list)
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EVENING *chores*

- load dishwasher
- clean kitchen (dishes, counters, floors)
- 10-min quick clean
(everyone pick up before bedtime)
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DAILY *chores*

MONDAY: bedrooms
(pickup, closets, blinds)

TUESDAY: clean bathrooms

WEDNESDAY: clean floors
(vacuum & mop)

THURSDAY: fridge & pantry

FRIDAY: clean surfaces,
declutter & dust

WEEKEND: wash sheets, plan
meals for the week,
vacuum car