

Stay at Home Mom Cleaning Schedule

Daily

- Make beds
- Unloading the dishwasher
- Cleaning out the coffee maker
- Tidying up living spaces
- Picking up laundry
- Wiping down the counters
- Sweeping the kitchen floor
- Doing all the dishes
- Taking out the trash
- Throwing out junk mail and other clutter

Monday: Laundry

- Do as much laundry as you have time for
- Wipe down washing machine and dryer
- Organize any storage in this space
- Set things aside to be dry cleaned
- Tidy up laundry room
- Mop laundry room floor

Tuesday: Kitchen

- Clean out the fridge
- Wipe down the front of appliances
- Clean the cooktop and vent hood
- Organize one cabinet (over time you'll get every cabinet done)
- Clean the counter, including underneath small appliances

Wednesday: Bathrooms

- Clean toilets, tubs, sinks
- Clean mirrors
- Mop bathroom floors
- Wash bathmats and the shower curtain as needed
- Wipe down walls and doorknobs as needed
- Empty trash cans

Thursday: Bedrooms & Office

- Change sheets
- Tidy and dust bookshelves
- Organize office desk
- Declutter paperwork
- Vacuum and dust office and bedrooms

Friday: Living Spaces

- Dust and/ or polish your living spaces
- Vacuum and mop your living spaces, kitchen, and hallways
- Make sure living areas are neat for the weekend

Saturday: Outside

- Sweep the porch and deck
- Wipe down outdoor furniture
- Power wash house as needed
- Clean windows as needed
- Wash and clean out car
- Organize garage or shed

Sunday: Rest and Reset

- Check your calendar for the upcoming week
- Make next week's meal plan
- Relax!