



## Daily Routine

(20 minutes a day)

### Introduction: QuickCleen

Having a morning routine can make a big difference in how your day goes. This involves making the beds, pick up dirty laundry, toss in a load of laundry, empty dishwasher, get dressed.

### Clean, Wipe, Rinse

Wipe dirty counters and sink in bathroom and kitchen with KAOOM Disinfectant. A clean bathroom counter and shower sink can do wonders for how your house feels. It also keeps the room smelling like new.

### Clean, Sweep

Sweep the kitchen floor and do a quick room-by-room pickup, putting items back in their place. Some days you may just need 10 mins, other days you may need an hour, but it's something you should not skip. Get the whole family to help, assign everyone a room, make it a game, see who can get done first.

### Nightly Routine

Don't go to bed with dishes in the sink. By doing dinner dishes as soon as dinner is over, then before bed, keep the sink glasses or dishes, wipe the counters and sink down and run the dishwasher. It's amazing how good it feels to wake up to a clean kitchen.

tidymom.net



## Weekly Routine

(2-3 hours a week)

### Bedrooms, Dining Room, Living Room

If you have 2 bedrooms, start with the first, go through each room and empty trash. Then go back into the first room and rest of the bed, re-making the covers and dust mopping your way down. Be sure to dust ceiling fans, door frames, moldings, picture frames, and lamps. Remove knickknacks from surfaces and vacuum to finish as you go and a microfiber cloth to clean crevices and holes. Clean mats with the glue roller and a fresh cloth. When you're finished at this room on a floor vacuum, starting farthest from the door in each room and vacuuming your way out.

### Bathrooms

Again, starting from the top, wipe cabinet fronts and appliances making your way down. Scrub the toilet's rim, try and clean inside the rim. Clean the shower pan and glass door, use a brush to scrub up corners, clean the drain and get the entire shower a good cleaning. Save the shower area for last. Use Clorox MaxBleach & Bleach Free Bleach, then squeegee and mop the floor.

### The Kitchens

Put "quilt" covers on the shower doors and walls, tub and sink, and in the toilet to stop breathing dust. Then use the corner top-to-bottom, left-to-right method. Clean the shelves, remove all counter clutter to wipe down counters. Clean the tiled inside, outside and behind the door, vacuums, then mop.

tidymom.net



## Monthly Routine

(1 hour a month)

- Clean out the refrigerator. Throw out old or questionable food, wash down the shelves and veggie bins using vinegar water. Replace box of baking soda.
- Vacuum lamp shades, upholstery, including under couch/cushions.
- Dust or vents, ceiling fans, light fixtures and moldings.
- Clean the top of the fridge and kitchen cabinets.
- Clean inside windows and window sills.
- Wash and sanitize inside of garbage cans and waste bins.
- Clean washer, dish washer and coffee pot by running vinegar water thru them.
- Flip mattresses.

tidymom.net



## Yearly Routine

(throughout the year)

- Deep Clean: Wash down cabinets, top cabinet fronts.
- Washdown: Clean all the hard to reach places behind the stove, refrigerator, overhead door, etc.
- Washdown: Wash down cabinets.
- Washdown: Wash down inside and out your car.
- Washdown: Wash down the garage and kitchen cabinets.
- Washdown: Wash down, shelves, wall/floor, garage shelves.
- Washdown: Wash down and organize the garage and basement.
- Washdown: Wash down all shoes and coats. Donate coats, clothing and items to charity.
- Washdown: Wash down and use touch up paint where necessary.
- Washdown: Wash down and clean house, drive, roof.
- Washdown: Wash down roof, gutters, roof, make the entire exterior.
- Washdown: Clean your eyes for annual eye.

tidymom.net