

{weekly cleaning checklist}

bedrooms	kitchen
<input type="checkbox"/> Dust <input type="checkbox"/> Wash bedding <input type="checkbox"/> Vacuum floors <input type="checkbox"/> Restock detergent <input type="checkbox"/> Disinfect door handles & light switches <input type="checkbox"/> _____	<input type="checkbox"/> Sweep & mop floors <input type="checkbox"/> Wipe down appliances <input type="checkbox"/> Organize refrigerator/fridge <input type="checkbox"/> Scrub sink <input type="checkbox"/> Restock dish & hand soap <input type="checkbox"/> Menu plan & make grocery list <input type="checkbox"/> Disinfect door handles & light switches <input type="checkbox"/> _____
bathrooms	living spaces/office
<input type="checkbox"/> Scrub toilet <input type="checkbox"/> Disinfect counter and sink <input type="checkbox"/> Clean shower <input type="checkbox"/> Restock toilet paper & hand soap <input type="checkbox"/> Clean glass mirrors <input type="checkbox"/> Disinfect door handles & light switches <input type="checkbox"/> _____	<input type="checkbox"/> Sweep & mop floors <input type="checkbox"/> Clean glass doors <input type="checkbox"/> Discard broken toys & books <input type="checkbox"/> Disinfect remote controls, door handles & light switches <input type="checkbox"/> _____
laundry room	weekly
<input type="checkbox"/> Clean out dryer lint <input type="checkbox"/> Remove clutter <input type="checkbox"/> Disinfect & wipe down washer & dryer <input type="checkbox"/> Sweep & mop floors <input type="checkbox"/> Disinfect door handles & light switches <input type="checkbox"/> _____	<input type="checkbox"/> Review calendar and plan for week <input type="checkbox"/> Clip, organize and sort coupons <input type="checkbox"/> _____
daily	
<input type="checkbox"/> Change hand towels & wash clothes <input type="checkbox"/> Remove and/or put away clutter <input type="checkbox"/> Disinfect kitchen counter <input type="checkbox"/> Find at least 1 thing to throw away or give away <input type="checkbox"/> Sweep kitchen floors <input type="checkbox"/> Empty trash & recycling <input type="checkbox"/> _____	