

KITCHEN CLEANING CHECKLIST

| DAILY TASKS | SUN | MON | TUE | WED | THU | FRI | SAT |
|-------------------------------|-----|-----|-----|-----|-----|-----|-----|
| WASH DISHES / LOAD DISHWASHER | | | | | | | |
| WIPE DOWN COUNTERTOPS | | | | | | | |
| CLEAN STOVE TOP | | | | | | | |
| WIPE KITCHEN TABLE | | | | | | | |
| SWEEP FLOOR | | | | | | | |
| TAKE OUT TRASH | | | | | | | |
| WIPE SINK & FAUCET | | | | | | | |

| WEEKLY TASKS | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 |
|---|--------|--------|--------|--------|
| MOP FLOOR | | | | |
| CLEAN MICROWAVE (INSIDE & OUTSIDE) | | | | |
| WIPE CABINET DOORS | | | | |
| CLEAN REFRIGERATOR SHELVES (QUICK WIPE) | | | | |
| DISINFECT HANDLES (FRIDGE, CABINETS, DRAWERS) | | | | |
| CLEAN SMALL APPLIANCES (TOASTER, BLENDER, ETC.) | | | | |

| MONTHLY TASKS | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| DEEP CLEAN REFRIGERATOR (REMOVE EXPIRED FOOD) | | | | | | | | | | | | |
| CLEAN OVEN | | | | | | | | | | | | |
| WIPE INSIDE CABINETS & DRAWERS | | | | | | | | | | | | |
| CLEAN BACKSPLASH / WALLS | | | | | | | | | | | | |
| DUST VENTS & LIGHT FIXTURES | | | | | | | | | | | | |
| CLEAN UNDER SINK AREA | | | | | | | | | | | | |

| SEASONAL / DEEP CLEANING | |
|---------------------------------------|--|
| PULL OUT AND CLEAN BEHIND APPLIANCES | |
| WASH CURTAINS / CLEAN BLINDS | |
| DEEP CLEAN PANTRY | |
| CHECK AND ORGANIZE STORAGE CONTAINERS | |
| DECLUTTER KITCHEN ITEMS | |