

# Weekly Cleaning Schedule

## Day One -Bathrooms

- Clean Shower & Tub
- Clean Toilets
- Clean Mirrors, Counters & Sinks
- Sweep & Mop Floors

## Day Two -Living/Family Rooms

- Dust & Polish All Surfaces
- Sweep & Vacuum Including Stairs
- Mop Floors
- Vacuum Couch
- Wipe Down Leather Furniture
- Launder Blankets

## Day Three -Laundry/Food

- Meal Planning
- Clean Out Fridge
- Organize Pantry
- Clean Up Laundry Room
- Grocery Shopping
- Meal Prep
- Wash, Fold & Put Away Clothes

## Day Four -Bedrooms

- Tidy Up
- Dust All Surfaces
- Wash Bedding
- Vacuum/Sweep
- Wipe Down Baseboards

## Day Five -Kitchen/Other

- Launder Towels
- Clean In/Out Microwave
- Wipe Down Cabinets
- Clean Range Hood
- Vacuum/Sweep/Mop)

## Day Six -Cars & Plants

- Wash & Vacuum Cars
- Water Plants
- Mow Lawn, Trim Foliage & Weeding
- Sweep Porches & Patios
- Straighten & Sweep Garage

## Every Day

Dishes, Wipe Down Counters

S M T W Th F S



Make Bed & Tidy Bedroom

S M T W Th F S



Laundry & Garbage

S M T W Th F S



Pick Up & Organize

S M T W Th F S



S M T W Th F S



## Monthly

- Dust Blinds & Curtains
- Clean Oven
- Wipe Down Inside Cabinets
- Wipe Down Doors & Doorknobs
- Deep Clean Refrigerator & Freezer
- Launder Throw Rugs (Bath & Family Room)
- Spot Clean Walls
- Spot Clean Carpets
- Clean Under Couch & Chairs
- Vacuum/Dust Under Beds
- Wipe Down Baseboards

# Weekly Meal Plan

## Grocery List

Sunday

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Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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Meat

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Dairy

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Frozen

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Dry/Canned Goods

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Produce

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