

Weekly Cleaning Schedule

A simple, stress-free plan to keep your home clean without spending all day cleaning. Spend just 20–30 minutes per day and enjoy a tidy home all week!

Monday – Kitchen

- Wipe down counters and appliances
- Clean out the fridge
- Empty trash
- Sweep and spot mop

Tuesday – Laundry & Bedrooms

- Wash and fold 1–2 loads of laundry
- Change sheets
- Quick tidy of bedrooms

Wednesday – Bathrooms

- Wipe mirrors and counters
- Scrub toilets and tubs
- Replace towels
- Take out bathroom trash

Thursday – Floors & Dusting

- Vacuum all areas
- Dust shelves, blinds, and surfaces
- Mop high-traffic spots

Friday – Declutter & Catch Up

- 15-minute declutter sprint
- Catch up on any skipped tasks

Saturday/Sunday – Light Touch

- Quick sweep and tidy
- Relax and enjoy your weekend!

Tip: Set a timer for 20 minutes each day, involve your kids, and make cleaning fun with music!