

# Cleaning

## WEEKLY SCHEDULE



### MONDAY

Bathroom

- Clean Toilet
- Wipe out Sinks
- Wipe down cabinets
- Clean Tub/Shower
- Wipe Mirrors and Windows
- Sweep and Mop

### TUESDAY

Bedroom

- Change/Wash Bedding
- Pick Up Floors and Surfaces
- Wipe Down all Surfaces
- Vacuum
- Wipe Mirrors and Windows

### WEDNESDAY

Household

- Pay Bills
- File Paperwork
- Plan Meals & Make a Grocery List
- Run Errands

### THURSDAY

Kitchen

- Clean Out Fridge/Toss Out Bad Food
- Tidy Up Surfaces
- Wipe Down All Surfaces
- Wipe Down All Appliances
- Sweep and Mop Floor

### FRIDAY

Living Spaces

- Tidy and Pick Up
- Wipe All Surfaces
- Vacuum
- Clean Mirrors and Windows

### SATURDAY

Outdoors

- Clean Outdoor Areas
- Sweep Off Porch
- Take Care of Pets
- Yard Work and Indoor Plant Care

### SUNDAY

Day of Rest

- Enjoy some Self Care and Family Time
- Plan for the Week Ahead

### DAILY

- Make Bed
- Wash Dishes
- 10 Minute Tidy Up
- One Load of Laundry

A little progress every day adds up to big results."  
- Satya Nani