

# CLEANING SCHEDULE

## Monday – Kitchen

- ☐ Wipe counters, backsplash, and cabinet doors
- ☐ Clean sink and faucet
- ☐ Wipe down appliances (microwave, stove, fridge exterior)
- ☐ Sweep and mop floor
- ☐ Empty trash and replace liner

## Tuesday – Living Room / Family Room

- ☐ Dust surfaces (tables, shelves, décor)
- ☐ Vacuum carpets or rugs
- ☐ Wipe down remotes, switches, and handles
- ☐ Fluff and straighten pillows/cushions
- ☐ Tidy clutter and organize

## Wednesday – Dining Room

- ☐ Wipe table and chairs
- ☐ Dust light fixture/ceiling fan
- ☐ Clean and polish any buffet or sideboard
- ☐ Vacuum or mop floor
- ☐ Remove clutter or unused items

## Thursday – Bathroom(s)

- ☐ Clean sink and countertop
- ☐ Scrub toilet (inside & out)
- ☐ Wipe mirror and fixtures
- ☐ Empty trash
- ☐ Sweep and mop floor

## Friday – Bedroom(s)

- ☐ Make bed
- ☐ Dust furniture and nightstands
- ☐ Wipe switches, handles, and doorknobs
- ☐ Vacuum or sweep floor
- ☐ Tidy personal items and laundry

### Daily Checklist

#### Make the beds

S M T W Th F S  
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#### Wash dishes / load dishwasher

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#### Wipe counters & tables

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#### Tidy up clutter

S M T W Th F S  
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### Monthly Checklist

- Dust ceiling fan blades
- Wipe down baseboards
- Clean inside the microwave
- Vacuum furniture and under cushions
- Wash shower curtain/liner
- Clean windows and sills
- Dust blinds and shutters
- Sanitize trash cans
- Wipe inside the fridge and discard expired items
- Vacuum vents and air returns
- Wash bedding (comforters/duvets)
- Organize closets or drawers
- Mop behind large appliances
- Deep clean entryway mats/rugs
- Check smoke detectors and replace batteries if needed

# Natural Home Cleaning Recipes

## All-Purpose Cleaner

- 1 cup white vinegar
- 1 cup water
- 10-15 drops essential oil  
(like lavender, lemon, or  
tea tree)

Mix in a spray bottle. Perfect  
for countertops, doorknobs, and  
light switches.

## Streak-Free Glass Cleaner

- 2 cups water
- $\frac{1}{2}$  cup white vinegar
- $\frac{1}{4}$  cup rubbing alcohol  
(70% concentration)

Spray and wipe with a lint-  
free cloth or newspaper for  
crystal-clear windows and  
mirrors.

## Natural Scrub Paste

- $\frac{1}{2}$  cup baking soda
- 2-3 tbsp water
- Optional: a few drops of  
lemon essential oil

Make a paste and use it to  
scrub sinks, tubs, or stovetops.  
Rinse well.

### Sat/Sun - Hallways

- ☐ Sweep or vacuum floors
- ☐ Dust baseboards and molding
- ☐ Wipe light switches and handles
- ☐ Organize shoes, coats, or items left out
- ☐ Clean hallway mirror or décor

### Sat/Sun - Office / Study

- ☐ Dust desk and electronics
- ☐ Wipe keyboard and mouse
- ☐ Empty trash or shred paper
- ☐ Organize desk supplies/papers
- ☐ Vacuum or sweep floor

### Bonus - Laundry Room

- ☐ Wipe washer/dryer tops
- ☐ Sweep and mop floor
- ☐ Empty lint trap
- ☐ Organize detergents/supplies
- ☐ Wipe utility sink (if present)

### Bonus - Basement

- ☐ Sweep or vacuum floors
- ☐ Dust shelves and surfaces
- ☐ Check for cobwebs
- ☐ Tidy storage bins/boxes
- ☐ Wipe window sills

### Bonus - Garage

- ☐ Sweep floor
- ☐ Organize tools and equipment
- ☐ Wipe down workbench or shelves
- ☐ Remove trash/recycling
- ☐ Check for cobwebs