

CLEANING CHECKLIST



Daily Chores

Bedroom

- ☐ Make your bed
- ☐ Tidy bedside table
- ☐ Put away clothes that are lying around
- ☐ Do laundry (1-2 loads)
- ☐ Tidy surfaces
- ☐ Organize personal belongings.

Living Areas

- ☐ Pick up misplaced items and take them when you leave.
- ☐ Straighten couch and sofa cushions.
- ☐ Sort mail, papers, and online shopping deliveries.
- ☐ Minimize pet hair with daily cleaning.

Kitchen

- ☐ Wash dishes promptly.
- ☐ Wipe down counters regularly.
- ☐ Clean stove top and exterior when cool to touch.
- ☐ Wipe sink and surrounding areas to remove grime.
- ☐ Take out the trash as needed.

Bathroom

- ☐ Clean shower drain after every use.
- ☐ Rinse bathroom floor tiles after showering; squeegee water into the drain.
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- ☐ Avoid water sitting on the floor; use a mop or cloth to keep it dry.
- ☐ Rinse and wipe down the sink daily.
- ☐ Spot clean spills and splatters from toiletries.
- ☐ Regularly gather clothes in the bathroom for laundering or storage.



CLEANING CHECKLIST



Weekly Chores

Living Areas

- ☐ Remove cobwebs/dust ceiling
- ☐ Clean ceiling fans
- ☐ Dust furniture thoroughly
- ☐ Vacuum floor and rugs/carpets
- ☐ Mop the floor
- ☐ Wash windows
- ☐ Tend to indoor plants (dust and spray leaves with water)
- ☐ Clean pet beds
- ☐ Launder doormats

Bathroom

- ☐ Launder bath, hand, and kitchen towels.
- ☐ Clean toilet bowl, seat, and lid.
- ☐ Scrub the bathtub.
- ☐ Clean shower door/curtain.
- ☐ Wipe down bathroom fittings.
- ☐ Clean and organize bathroom vanity.

Kitchen

- ☐ Organize counters and surfaces.
- ☐ Clean appliance exteriors and cabinet/drawer fronts.
- ☐ Degrease sink, faucet, and surrounding areas.
- ☐ Scrub counters for a shine.
- ☐ Clean stove burners and grates.
- ☐ Wipe down oven and microwave interiors.
- ☐ Clear out expired items from fridge and pantry.
- ☐ Ensure well-organized storage cabinets.
- ☐ Refresh dishwasher and garbage disposal.
- ☐ Clean and sterilize garbage bins.

Bedroom

- ☐ Launder bed linen.
- ☐ Spot treat mattress stains.
- ☐ Organize closet clothes.
- ☐ Clean mirrors.



CLEANING CHECKLIST



Monthly/Bi-Monthly Chores

- ☐ Dust missed pieces/areas (daily/weekly).
- ☐ Wash exterior windows.
- ☐ Clean narrow spaces between furniture/appliances and walls/flooring.
- ☐ Deep clean couch and sofa cushions.
- ☐ Steam clean or shampoo carpets and rugs.
- ☐ Launder curtains, cushion covers, and throw pillow covers.
- ☐ Wipe and sanitize high-touch areas/items.
- ☐ Deep clean kitchen appliances inside and outside.
- ☐ Clean on top of kitchen cabinets and refrigerator.

- ☐ Clean and replace filters in appliances and HVAC systems (when applicable)
- ☐ Clean dishwasher and garbage disposal.
- ☐ Degrease exhaust fans.
- ☐ Deep clean stove chimney.
- ☐ Deep clean mattress and flip/rotate it.
- ☐ Launder bed pillows.
- ☐ Clean out and reorganize drawers in dresser, closet, and bedside table.
- ☐ Organize closet, shoe, and bag storage.
- ☐ Clean bathroom grout.
- ☐ Clean and unclog shower head with white vinegar.
- ☐ Wash the toothbrush holder.



Seasonal Chores



- ☐ Sweep and wash patio, balcony, porch, deck, and other outdoor areas.
- ☐ Deep clean outdoor furniture.
- ☐ Clean and unclog rain gutters and downspouts.
- ☐ Inspect caulking (and repair if needed)
- ☐ Clean and organize garage, basement, and attic..

- ☐ Test smoke alarm batteries (replace if needed).
- ☐ Clean fireplace and chimney.
- ☐ Have HVAC systems professionally serviced.
- ☐ Purge and organize closet.
- ☐ Clean and organize all storage units;
- ☐ discard unwanted items.

