

Weekly Home Checklist

Week of _____

Set a timer and work on a room for 15 or 20 minutes at a time. Everyone is different and you might not need to do laundry every day, or you might have pet related chores to attend to, but these things on this list are a starting place.



Daily Maintenance

- | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|
| ☐ ☐ ☐ ☐ Make beds in morning | <table border="1"><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr></table> | S | M | T | W | T | F | S |
| S | M | T | W | T | F | S | | |
| ☐ Wipe kitchen counters | <table border="1"><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr></table> | S | M | T | W | T | F | S |
| S | M | T | W | T | F | S | | |
| ☐ Clean dishes and sink | <table border="1"><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr></table> | S | M | T | W | T | F | S |
| S | M | T | W | T | F | S | | |
| ☐ ☐ Wipe bathroom surfaces | <table border="1"><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr></table> | S | M | T | W | T | F | S |
| S | M | T | W | T | F | S | | |
| ☐ Take out trash | <table border="1"><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr></table> | S | M | T | W | T | F | S |
| S | M | T | W | T | F | S | | |
| ☐ Laundry (wash, dry, fold) | <table border="1"><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr></table> | S | M | T | W | T | F | S |
| S | M | T | W | T | F | S | | |
| ☐ 15-minute tidy | | | | | | | | |
| ☐ Clear clutter | <table border="1"><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr></table> | S | M | T | W | T | F | S |
| S | M | T | W | T | F | S | | |
| ☐ Quick sweep and mop | <table border="1"><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr></table> | S | M | T | W | T | F | S |
| S | M | T | W | T | F | S | | |
| ☐ Vacuum high-traffic areas | <table border="1"><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr></table> | S | M | T | W | T | F | S |
| S | M | T | W | T | F | S | | |



Monthly Reset

Month of _____

- ☐ Clear entryway clutter/dropzone
- ☐ Declutter each room: keep, donate, toss
- ☐ Dust all surfaces (from top to bottom)
- ☐ Wipe down light switches, door handles, and remotes
- ☐ Wipe baseboards and trim
- ☐ Vacuum and mop all floors
- ☐ Clean vents and replace filters
- ☐ Wash windows and mirrors
- ☐ Empty all trash



Bathrooms

- ☐ Clear counters and other surfaces
- ☐ Clean mirror and light fixtures
- ☐ Scrub sink and faucet
- ☐ Clean toilet (bowl, base, tank, seat)
- ☐ Clean tub/shower (tiles, grout, glass)
- ☐ Clean showerhead, faucet, and handles
- ☐ Wipe down cabinet and drawer fronts
- ☐ Organize under-sink area
- ☐ Wash bath mat and towels
- ☐ Empty trash and replace liner
- ☐ Sweep and mop the floor

Over the Week



Living Room

- ☐ Open windows and let in fresh air, weather permitting
- ☐ Declutter surfaces and shelves
- ☐ Dust all surfaces and decorative items
- ☐ Clean TV and other electronics
- ☐ Wipe down hard surfaces (tables, shelves, cabinets)
- ☐ Vacuum couch, chairs, and cushions
- ☐ Fluff and arrange any pillows or throws
- ☐ Vacuum floor and rugs
- ☐ Organize books, games, media
- ☐ Empty trash
- ☐ Close windows.



Kitchen

- ☐ Clear counters completely
- ☐ Wipe counters and backsplash
- ☐ Replace items on counter
- ☐ Clean inside microwave
- ☐ Remove crumbs from toaster/toaster oven and wipe down
- ☐ Clean stovetop and knobs
- ☐ Clean any spills from inside oven
- ☐ Clean oven if needed
- ☐ Sort food in fridge and freezer
- ☐ Clean fridge (shelves, drawers, seals)
- ☐ Defrost freezer if needed
- ☐ Clean dishwasher (filter and door)
- ☐ Clean sink and disposal
- ☐ Wipe cabinet doors and handles
- ☐ Organize pantry and remove expired food
- ☐ Wipe down pantry shelves
- ☐ Sweep and mop the floor



Bedrooms

- ☐ Open windows and let in fresh air, weather permitting
- ☐ Remove and wash bedding
- ☐ Refresh mattress (vacuum and flip)
- ☐ Leave bed open to air out
- ☐ Declutter surfaces (nightstands and dressers)
- ☐ Dust all surfaces and furniture
- ☐ Clean under bed
- ☐ Organize closet and drawers
- ☐ Wipe down mirrors and doors
- ☐ Vacuum floors and area rugs
- ☐ Empty trash
- ☐ Make bed with fresh bedding
- ☐ Close windows



Congratulations!

