

WEEKLY CLEANING RYTHYM

MONDAY - KITCHEN

- CLEAN OUT FRIDGE BEFORE GROCERIES
- WIPE CABINETS
- DEEP CLEAN SINK
- WIPE APPLIANCES
- SWEEP AND MOP FLOORS

START THE WEEK WITH A CLEAN KITCHEN.
IT SETS THE TONE.

TUESDAY - LIVING AREAS

- VACUUM RUGS AND FLOORS
- DUST SURFACES
- WIPE WINDOWS AND FINGERPRINTS
- VACUUM COUCH CUSHIONS IF NEEDED
- RESET PLAY AREA

SOME WEEKS NEED MORE ATTENTION.
SOME NEED A QUICK REFRESH.

WEDNESDAY-BATHROOMS

- CLEAN TOILETS
- WIPE COUNTERS AND MIRRORS
- SCRUB SHOWERS IF DUE
- MOP FLOORS
- RESTOCK HAND TOWELS

PROGRESS OVER PERFECTION.

THURSDAY - BEDROOMS

- WASH AND REPLACE SHEETS
- DECLUTTER NIGHTSTANDS
- PUT AWAY LAUNDRY PILES
- QUICK DUST
- VACUUM IF NEEDED

TIDY SPACES MAKE RESTFUL NIGHTS.

SUNDAY

- TAKE A MENTAL NOTE OF THE WEEK AHEAD
- PLACE GROCERY PICKUP ORDER
- ROTATE TOYS IF NEEDED

A QUICK MENTAL RESET FOR THE WEEK AHEAD.

DAILY TASKS

- ONE LOAD OF LAUNDRY

START IT FIRST THING IN THE MORNING TO STAY AHEAD OF THE PILE.

- RUN AND UNLOAD THE DISHWASHER

EMPTY IT IN THE MORNING SO DISHES NEVER STACK IN THE SINK.
RUN IT NIGHTLY.

- EVENING RESET

15 TO 30 MINUTE TIDY OF KITCHEN AND LIVING AREAS BEFORE BED.

