FREE PRINTABLE CHECKLIST

Cleaning, *simplified*

Tick what you do. Skip what you don't. Nobody's marking this.

Daily Little and often

- [ ] Make the bed
- [ ] Wipe the worktops and hob
- [ ] Take out the rubbish if it's full
- [ ] Put away stray clothes, post and shoes
- [ ] Wash up or load the dishwasher
- [ ] Sweep or hoover the busiest floors
- [ ] Wipe the bathroom sink and mirror
- [ ] Open a window for ten minutes

Weekly Once a week is plenty

- [ ] Hoover all floors and rugs
- [ ] Change the bed linen
- [ ] Clean the toilet, sink, shower and bath
- [ ] Wipe cupboard fronts and appliances
- [ ] Empty and rinse the bins
- [ ] Mop the hard floors
- [ ] Wash towels and tea towels
- [ ] Dust surfaces and shelves
- [ ] Clean mirrors and glass
- [ ] Sort the fridge, bin anything past its date

Monthly When you get to it

- [ ] Wipe the oven and microwave inside
- [ ] Wash pillows and the mattress protector
- [ ] Wipe windows (inside) and sills
- [ ] Hoover under sofas and beds
- [ ] Clean the extractor filter
- [ ] Descale the kettle, taps and showerhead
- [ ] Dust skirting boards and door frames
- [ ] Run a hot cycle in the washing machine
- [ ] Wipe fridge shelves and freezer drawers
- [ ] Wash out the bins

Short on time? Do the daily list only. That still counts.

ROOM BY ROOM

One room at a time, *gently*

Pick a room. Do the daily bits. Put the kettle on.

Kitchen

DAILY

- [ ] Wash up or load dishwasher
- [ ] Wipe worktops and hob
- [ ] Wipe sink, dry the taps
- [ ] Take out the rubbish

WEEKLY

- [ ] Mop the floor
- [ ] Wipe cupboard fronts
- [ ] Clean the microwave
- [ ] Sort the fridge

MONTHLY

- [ ] Clean the oven
- [ ] Descale kettle and taps
- [ ] Clean extractor filter
- [ ] Wipe fridge shelves

Bathroom

DAILY

- [ ] Wipe sink and taps
- [ ] Hang up towels
- [ ] Wipe the shower screen

WEEKLY

- [ ] Clean toilet, bath, shower
- [ ] Wipe mirror and tiles
- [ ] Wash the bath mat
- [ ] Mop the floor

MONTHLY

- [ ] Descale showerhead
- [ ] Scrub the grout
- [ ] Wash shower curtain
- [ ] Bin empty bottles

Bedrooms

DAILY

- [ ] Make the bed
- [ ] Put clothes away
- [ ] Air the room

WEEKLY

- [ ] Change the bed linen
- [ ] Dust surfaces
- [ ] Hoover, under the bed too

MONTHLY

- [ ] Wash pillows and duvet
- [ ] Turn the mattress
- [ ] Clear under the bed
- [ ] Tidy one drawer

Living room

DAILY

- [ ] Plump cushions, fold throws
- [ ] Clear cups and clutter
- [ ] Quick hoover of crumbs

WEEKLY

- [ ] Hoover floor and sofa
- [ ] Dust shelves and screens
- [ ] Wipe coffee table
- [ ] Clean glass and mirrors

MONTHLY

- [ ] Hoover under furniture
- [ ] Wash cushion covers
- [ ] Dust lamps and skirting
- [ ] Wipe windows (inside)

Hallways & stairs

DAILY

- [ ] Line up shoes, hang coats
- [ ] Shake out the doormat

WEEKLY

- [ ] Hoover hall and stairs
- [ ] Wipe banisters and handles
- [ ] Mop hard floors

MONTHLY

- [ ] Wipe skirting and doors
- [ ] Wash the doormat
- [ ] Sort shoes and coats

WEEKLY ROTA

The week, *shared*

Swap days to suit. Add names. Rest on Sunday.

This week

Edit freely

DAY	TASK	WHO	DONE
Monday	Bathroom reset		☐
Tuesday	Kitchen wipe-down		☐
Wednesday	Bedrooms and bed linen		☐
Thursday	Living room: dust and hoover		☐
Friday	Floors: hoover and mop		☐
Saturday	Laundry and bins		☐
Sunday	Rest. Sofa. Tea.		☐

Occasional deep cleaning

Every few months. Jot down the date.

- ☐ Shampoo carpets and rugs _____
- ☐ Wash windows, inside and out _____
- ☐ Clean behind big appliances _____
- ☐ Declutter wardrobes and cupboards _____
- ☐ Wash curtains, clean blinds _____
- ☐ Deep clean the oven _____
- ☐ Wash duvets and pillows _____
- ☐ Wipe light fittings and fans _____

Notes

Supplies to buy, jobs to remember