MONDAY

Living Room / Paperwork Day









☐ Sweep, mop, or vacuum living room floor.











☐ Organize/file paper work for 10 minutes.

☐ Wipe down/dust computer, screen, keyboard, desk.

 \square Fold and put away clothes.



Weekly Menu

Grocery / Supply List

Housecleaning Checklist

Kitchen Day





- ☐ Load/unload dishwasher or wash dishes.
- ☐ Clean out refrigerator and pantry (add needed items to grocery list; see Monday).
- ☐ Wash stove top, microwave, sink.
- ☐ Wipe down cabinets, table, chairs, counter tops.
- ☐ Clean kitchen light fixtures.
- ☐ Declutter/organize kitchen drawers for 10 minutes.
- \square Shake rugs; get new kitchen rags/towels; empty trash.
- ☐ Sweep, mop kitchen floor.



Supply List

WEDNESDAY

Shopping / Bedroom Day







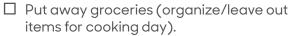
 \square Dust bedroom furniture and ceiling fan.

☐ Sweep and mop or vacuum bedroom floor.

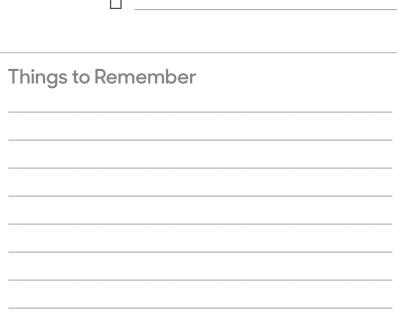




☐ Grab prepared grocery/supply lists and shop.







Weekly Errands

st your s	stops in	tne bes	t order	arour	id to\

Housecleaning Checklist

THURSDAY

Cooking Day



- \square Start one load of clothes.
- ☐ Do the prep work (cutting, assembling) for 3-5 entrees from your menu. (Typical families eat leftovers, eat out, or eat a meal on-the-go like sandwiches 2-4 times a week. Seven supper entrees are rarely needed).
- **(1)**
- ☐ Put clothes in dryer.
- ☐ Assemble side dishes/desserts if needed.
- ☐ Label each entrée for its cook day/cook time and temp./needed garnishes etc.
- ☐ Have a special plan for supper today such as leftovers, eating out, or pizza delivery.
- ☐ Load/unload dishwasher or wash dishes.
- \square Fold and put away clothes.

Things to Remember	

Meal Prep

ocess-	oop	,	 01100,	010.)

Bathroom / Monthly & Quarterly Task Day



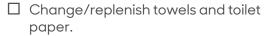






☐ Clean bathroom mirror and counters.

☐ Clean sink, toilet, tub.



 \square Empty trash.



☐ Disinfect all doorknobs and light switches.

☐ Put clothes in dryer.



_		

Things to Remember

Monthly / Quarterly Tasks

Week 1:

	Clean	oven,	exhaust	hood.
--	-------	-------	---------	-------

☐ Change air filter.

ш						
$\overline{}$						

Week 2:

☐ Wash trash can	ıS.
------------------	-----

☐ Clean closets.

 \square Sort and donate old clothes.

Week 3:

Wipe down baseboards, railings,
and walls.

Week 4:

☐ Clean out freezer.

☐ Wipe down tops of cabinets and appliances.

Week 5:

☐ Clean blinds and curtains.

☐ Change bathroom shower curtain liner.

SATURDAY

Outside / Monthly & Quarterly Task Day



- ☐ Start one load of clothes.
- ☐ Load/unload dishwasher or wash dishes.
- \square Mow grass, trim hedges, weed eat.
- ☐ Wash outside and inside car.
- ☐ Organize/tidy garage for 30 min.
- \square Sweep porch and clean front door.

- _
- Ц _____

Things to Remember

Monthly / Quarterly Tasks

Week 1:

- ☐ Deep clean couch, shower heads, ceiling fans.
- L _____

Week 2:

- \square Deep clean frig.
- ____

Week 3:

- ☐ Wipe down and organize electronics, remotes, and media.
- ☐ Catch up.

Week 4:

- ☐ Clean behind frig, washer, dryer, and lint intake.
- ☐ Wash throw rugs, pillows, comforters.
- ______

Week 5:

- ☐ Clean windows and pressure wash.
- ☐ Wash rugs.
- ☐ Clean metal doorway floor strips.
- O _____