Weekly Cleaning Checklist

A once-a-week cleaning routine organized room by room to keep your home consistently tidy.

Kitchen

- [ ] Wipe down and disinfect all countertops and the backsplash
- [ ] Clean the stovetop, microwave interior, and small appliance fronts
- [ ] Scrub the sink, run the disposal, and polish the faucet
- [ ] Wipe cabinet handles, the fridge door, and light switches
- [ ] Empty the trash and recycling and disinfect the bins
- [ ] Sweep and mop the floor

Bathrooms

- [ ] Scrub and disinfect the toilet, including the base and behind the bowl
- [ ] Clean the shower, tub, and glass door
- [ ] Wipe down the vanity, sink, and faucet
- [ ] Polish the mirror and clear water spots
- [ ] Swap in fresh towels and bath mats
  Keep two sets of towels in rotation so swaps are effortless.
- [ ] Sweep and mop the floor

Bedrooms

- [ ] Strip the beds and wash sheets and pillowcases
- [ ] Remake the beds with fresh linens
- [ ] Dust nightstands, dressers, and shelves
- [ ] Wipe down light switches, handles, and remotes
- [ ] Vacuum the floor, including under the bed

Living and Common Areas

- [ ] Dust shelves, electronics, and decor from top to bottom
- [ ] Wipe down the coffee table, side tables, and remotes
- [ ] Fluff cushions and fold blankets
- [ ] Clean glass surfaces, mirrors, and TV screens
- [ ] Vacuum upholstery and under cushions
- [ ] Vacuum or mop the floors

Floors and Whole-Home Tasks

- [ ] Vacuum all carpets and rugs throughout the home
- [ ] Sweep and mop every hard floor
- [ ] Vacuum stairs and wipe down railings
- [ ] Dust along visible baseboards and window sills

- [ ] Spot-clean fingerprints from doors and frames

Laundry and Finishing

- [ ] Wash, dry, fold, and put away all laundry
- [ ] Wipe down the washer and dryer exteriors and clear the lint trap
- [ ] Collect and take out all trash and recycling
- [ ] Replace any empty soap, paper, or supply refills
- [ ] Do a final walkthrough to catch anything missed