

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
- ☐ Sweep and mop the floor

Keep two sets of towels in rotation so swaps are effortless.

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