HOME CLEANING SCHEDULE

A daily, weekly & monthly rhythm to run your home without overspending

NAME _____ WEEK OF _____

A little each day keeps the whole house calm — and helps you skip the pricey deep-clean services.

FREE PRINTABLE

✓ DAILY TASKS

- [ ] Make the beds
- [ ] Wash / put away dishes
- [ ] Wipe kitchen counters
- [ ] Quick tidy of common areas
- [ ] Sweep / spot-clean floors
- [ ] Take out trash if full
- [ ] One load of laundry

MONTHLY / SEASONAL TASKS

- [ ] Wash windows
- [ ] Clean oven
- [ ] Wash shower curtain
- [ ] Wipe baseboards
- [ ] Replace air filter
- [ ] Declutter one drawer
- [ ] Dust blinds / vents
- [ ] Descale coffee maker
- [ ] Vacuum under furniture
- [ ] Clean fridge / freezer
- [ ] Wash bedding / pillows
- [ ] Other: _____

DIY Cleaner Recipes (Cheap & Non-Toxic)

All-purpose: 1 cup water + 1 cup white vinegar + 10 drops lemon oil.
Scrub paste: baking soda + a squeeze of dish soap.
Glass: 2 cups water + 1/2 cup vinegar + 1/4 cup rubbing alcohol.
Fresh drain: 1/2 cup baking soda, then 1 cup hot vinegar.

WEEKLY TASKS BY DAY

MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

✓ SUPPLIES RESTOCK LIST

- [ ] Dish soap
- [ ] White vinegar
- [ ] Trash bags
- [ ] Sponges / cloths
- [ ] Gloves
- [ ] Other: _____
- [ ] Laundry detergent
- [ ] Baking soda
- [ ] Paper towels
- [ ] Toilet cleaner
- [ ] Spray bottles
- [ ] Other: _____

"A tidy home you can actually keep beats a perfect one you can't afford."