

DAILY CLEANING SCHEDULE

EVERYDAY CHORES

- make bed
- unload dishwasher
- 15 min laundry
- daily chore (see list)
- load dishwasher
- clean kitchen
- 10-min quick clean

DAILY HABITS

1-minute rule

Anything that can be done in less than a minute, do it right away.

walk & carry

Never have empty hands as you walk through your house. Carry any items closer to their destination or put away.

use timers

You don't have to do it all, just bite off a little. Set a timer and get started!

DAILY CHORES

MONDAY: bedrooms
(pickup, closets, blinds)

TUESDAY: bathrooms

WEDNESDAY: clean floors
(vacuum & mop)

THURSDAY: fridge & pantry

FRIDAY: clean surfaces,
declutter & dust

WEEKEND: wash sheets, plan
meals for the
week, vacuum car

**YOU'VE
GOT THIS**