

Cleaning Checklist

Keeping a clean and tidy house will help reduce stress and help with creating a smooth living experience through self care and general cleanliness.

Here is a domestic cleaning checklist to help you out!

Everyday:

- Make bed
- Clean coffeemaker
- Clean dirty dishes
- Wipe down kitchen counters & table
- Do laundry, as needed
- Sweep kitchen floors
- Wipe down bathroom surfaces
- Sanitize kitchen & bathroom sinks



Every week:

- Mop kitchen & bathroom floors
- Scrub bathroom surfaces
- Clean mirrors
- Dust furniture
- Vacuum floors & furniture
- Change bedding
- Toss expired food
- Wipe down kitchen appliances
- Clean inside microwave
- Sanitize sponges



• Fill this in with pencil so you can reuse the checklist