MONTHLY cleaning

BATHROOMS

- clean mirrors & countertops
- wash shower curtains
- declutter under bathroom sinks
- clean & organize medicine cabinets
- clean shower head & faucets

KITCHEN

- descale coffee
- wipe off sn
- clean fridg
- deep clean
- wipe kitch
- cycle clean
- organize &
- wipe off ca
- deep clean

MISC.

- declutter and clean garage
- organize storage / basement / attic
- wash windows & switch plates
- wipe window blinds / clean curtains
- defrost / clean deep freezer

PRINTABLE MONTHLY CLEANING CHECKLIST

★★★

MONTH: _____ YEAR: _____

MONDAY | FRIDAY | SATURDAY

ke bed
oad dishwasher
in load of laundry
d mel & coco
slow cooker
ck mail/get packages
ve laundry to dryer
sh & dry diapers
d mel & coco
out trash
ice packs in freezer
e jack a bath
sh jack's teeth
ltime story
sh bottles
ke jack's bottles
rost/pack jack's food
k lunches
p slow cooker
sh & prep coffeepot
d & run dishwasher
an kitchen sink

[ ] plan meals for week
[ ] grocery shop
[ ] clean out fridge & freezer

MONDAYS

[ ] wash lights & baby load
[ ] clean windows & mirrors
[ ] scoop litterbox
[ ] water plants
[ ] sweep & mop hard floors

TUESDAYS

[ ] wash sheets
[ ] vacuum carpets
[ ] tidy desk & sort through paperwork/mail

WEDNESDAYS

[ ] dust hard surfaces
[ ] wash bottle rack & dish drying mat
[ ] wash towels & bathmat
[ ] clean bathroom (tubs, toilet, sinks)

[ ] change a/c air filter
[ ] check & replinish cleaning
[ ] tidy up dresser drawers
[ ] steam clean carpets
[ ] run disinfect cycle on washer & dishwasher

11TH TO 20TH

[ ] vaccum sofa
[ ] vaccuum air vents
[ ] "deep" dusting: ceiling fans, baseboards, picture frames, switchplates...
[ ] disinfect trash can
[ ] descale coffeepot & clean

[ ] clean hard-to-reach places (behind fridge, oven, washer & dryer)

FEBRUARY

[ ] clean and organize personal files & tax information

MARCH

[ ] wash & store winter blankets, clothes & shoes

APRIL

[ ] clean medicine cabinets & under bathroom sinks, toss expired meds

MAY

[ ] launder curtains & shower curtains

AUGUST

[ ] organize kitchen cabinets & garage shelves

SEP | OCT | NOV