

WEEKLY CLEANING · BY DAY

One room, one day. Not all at once.

WEEK OF _____

Saturday-cleans-everything = burnout. Spread it out. Skip a day and just pick up next week. The house will survive.

Mon 15 MIN	ZONE Kitchen reset	<input type="checkbox"/> Clean out fridge — toss what's old <input type="checkbox"/> Sweep kitchen floor	<input type="checkbox"/> Wipe inside microwave <input type="checkbox"/> Take out trash + recycling	DONE? <input type="checkbox"/>
Tue 15 MIN	ZONE Bathrooms	<input type="checkbox"/> Scrub toilets (bowl + base) <input type="checkbox"/> Swap hand towels	<input type="checkbox"/> Wipe mirror + counter <input type="checkbox"/> Quick shower wipe-down	DONE? <input type="checkbox"/>
Wed 10 MIN · EASY DAY	ZONE Laundry	<input type="checkbox"/> Wash sheets OR towels (not both) <input type="checkbox"/> Check kids / pet laundry	<input type="checkbox"/> Fold + put away one basket <input type="checkbox"/> Restock detergent if low	DONE? <input type="checkbox"/>
Thu 15 MIN	ZONE Living spaces	<input type="checkbox"/> Vacuum or sweep main floor <input type="checkbox"/> Couch — cushions off, crumbs out	<input type="checkbox"/> Dust flat surfaces (don't move stuff) <input type="checkbox"/> Water plants / toss dead leaves	DONE? <input type="checkbox"/>
Fri 10 MIN · LIGHT	ZONE Bedroom	<input type="checkbox"/> Change sheets if not Wednesday <input type="checkbox"/> Clothes chair — put away or wash	<input type="checkbox"/> Clear nightstand to 3 items <input type="checkbox"/> Vacuum bedroom floor	DONE? <input type="checkbox"/>
Sat 20 MIN TOPS	ZONE Catch-up / wildcard	<input type="checkbox"/> Pick ONE skipped day from this week <input type="checkbox"/> OR: nothing. It's Saturday.	<input type="checkbox"/> OR: the task you've been avoiding	DONE? <input type="checkbox"/>
Sun REST	ZONE Reset + plan	<input type="checkbox"/> Meal plan — rough, 3 dinners is fine <input type="checkbox"/> Glance at next week's calendar	<input type="checkbox"/> Write grocery list <input type="checkbox"/> Put your stuff for Monday near the door	DONE? <input type="checkbox"/>