

Small and often. Never all at once.

WEEK OF _____

Sorted by how often it really needs doing — not by room. Most days, only the Daily column matters. Skip a whole column on a hard week; the schedule waits for you.

Daily

MOST DAYS · 10 MIN

- Make the bed-ish
- Dishes → dishwasher
- Wipe the kitchen counter
- Clutter sweep — 5 things away
- Trash out if it's full

Weekly

ONE PER SPARE DAY

- Vacuum main floors
- Bathrooms — quick scrub
- Change the sheets
- One load of laundry
- Dust flat surfaces

Monthly

WHEN YOU HAVE ENERGY

- Wipe inside the microwave
- Clean out the fridge
- Shower deep clean
- Wash mattress covers
- Vacuum under cushions

Now & then

NO SCHEDULE · NO GUILT

- Windows
- Baseboards
- Closet declutter
- Oven
- Behind the furniture

IF YOU ONLY DO ONE THING TODAY

THE ONLY RULE

**A skipped column isn't a fail.
Pick it up next week.**