

# Weekly Checklist by Room

## Day 1 - Bedrooms

- Launder the clothing and bedding. Change the sheets and fluff the pillows.
- Tidy and organize any closets and drawers. Refold clothing that might have come undone.
- Vacuum the dust from the vents, mattresses, and whatever's hiding under the beds.

## Day 2 - Bathrooms

- Launder the towels and bathmats. Replace the used towels with fresh ones.
- Clean the toilet, bathtub, shower, and sink.
- Sanitize the countertop.
- Empty the trash bin. Wipe its insides and outs.

## Day 3 - Living, Dining and Family Rooms

- Vacuum drapery.
- Sanitize any toys and surfaces.
- Dust surfaces, including ceiling fans, electronics, light fixtures, and furniture.

## Day 4 - Home Office

- Sort through inboxes and paperwork. Discard old magazines.
- Dust the spines and tops of books.

## Day 5 - Kitchen

- Clean the refrigerator. Discard old food and wipe up spills.
- Remove everything from your kitchen walls and wipe off grease and grime.
- Wipe and sanitize the countertops.
- Wipe the insides and outsides of kitchen appliances.
- Empty the trash bin. Wipe its insides and outs.
- Grind lemon in the drain, or pour boiling water down it for sanitization.
- Sweep and clean behind the refrigerator and oven where food might have fallen.

## Day 6 - Outdoors

- Tend to your garden and lawn.
- Sweep the porch and sidewalk.

## Day 7 - Throughout the Home

- Clean windows, windowsills, and blinds.
- Clean mirrors and glass.
- Vacuum carpets and stairs.
- Sweep and mop floors.
- Sanitize door handles.

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