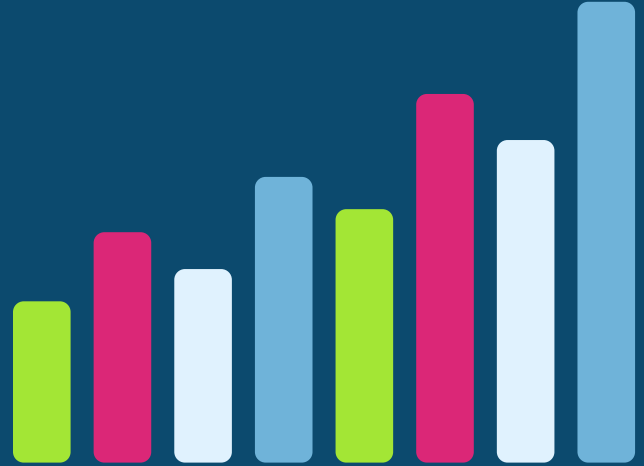




Cleaning Routine Workbook

A clean home, on paper

General information only.

Never mix cleaning products.

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Weekly schedule

One area a day. Stick it on the fridge.

Day	Area	Who	Minutes	Done
Monday				☐
Tuesday				☐
Wednesday				☐
Thursday				☐
Friday				☐
Saturday				☐
Sunday				☐

10-minute daily reset

Every evening. Tick it off for two weeks.

Task	M	T	W	T	F	S	S
Counters cleared and wiped	☐	☐	☐	☐	☐	☐	☐
Dishes done	☐	☐	☐	☐	☐	☐	☐
Things put away	☐	☐	☐	☐	☐	☐	☐
Bathroom sink wiped	☐	☐	☐	☐	☐	☐	☐
Trash out if full	☐	☐	☐	☐	☐	☐	☐

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Split chores by time, not by number.

[illegible]

Seasonal deep clean

A few times a year.

Deep-clean list	Done
☐ Windows inside and out	
☐ Behind and under furniture	
☐ Behind the fridge and stove	
☐ Pillows, duvets and curtains (per labels)	
☐ Light fixtures and ceiling fans	
☐ Fridge coils and dryer vent	
☐ Baseboards, doors and light switches	
☐ Mattress vacuumed and rotated	

Supply inventory

Check before you shop. Store safely.

Supply	Have	Low	Buy
Dish soap	☐	☐	☐
All-purpose cleaner	☐	☐	☐
Bathroom cleaner	☐	☐	☐
Toilet cleaner	☐	☐	☐
Glass cleaner	☐	☐	☐
Microfiber cloths	☐	☐	☐
Sponges	☐	☐	☐
Rubber gloves	☐	☐	☐
Trash bags	☐	☐	☐
Vacuum bags or filters	☐	☐	☐

Never mix bleach with ammonia, vinegar or other cleaners. Poison Help: 1-800-222-1222.

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