Weekly Cleaning Schedule

myhomeslife.com

A realistic plan for busy families. About 20 minutes a day, Monday to Saturday, with Sunday to rest.

DAY	FOCUS	KEY TASKS	TIME	DONE
Monday	Bathrooms	Scrub toilets, wipe counters and mirrors, rinse shower walls, swap hand towels, empty bins.	25 min	☐
Tuesday	Dusting & Surfaces	Dust high to low across living areas and bedrooms: furniture, shelves, electronics, frames, sills.	15 min	☐
Wednesday	Floors	Vacuum all carpets and rugs including furniture edges, then sweep and mop hard floors.	25-30 min	☐
Thursday	Kitchen Reset	Wipe appliance fronts and cabinets by the stove, clean the microwave, sanitize the sink, cull the fridge.	20 min	☐
Friday	Catch-Up & Laundry	Clear the laundry backlog, spot-clean handprints, tackle one hot spot (mail pile, mudroom).	20 min	☐
Saturday	Family Blitz	A 30-minute timed, whole-family sprint: pet areas, bedroom tidy, main-floor vacuum if needed.	30 min	☐
Sunday	Rest	A one-minute counter wipe after meals. Otherwise, off. Recovery is part of the system.	5-10 min	☐

WHO'S ON WHAT

Monday .....

Tuesday .....

Wednesday .....

Thursday .....

Friday .....

Saturday .....

NOTES & SEASONAL EXTRAS

Tip: laminate this sheet and check tasks off with a dry-erase marker, or print a fresh copy each week.