

COMPLETE for HOUSEHOLD CHECKLIST for CLEANING

Daily

- Make the bed
- Declutter the kitchen and dining area
- Wash dishes
- Wipe out microwave
- Sanitize table, counter tops, dining chairs
- Clean stove and sink
- Replace dishcloths and hand towels
- Disinfect sponges
- Sweep the floor
- Empty the trash and recycling, if needed

Biweekly

- Disinfect doorknobs, light switches, handles, keys, TV remote, phone, etc.
- Disinfect bathroom light switches, faucets, sink, toilet handle and toilet seat.
- Change bathroom hand towels



Weekly



KITCHEN AND DINING

- Dust fans, blinds, trim, etc.
- Clean cabinet doors/handles
- Wipe down small appliances
- Pour hot water down sink
- Grind lemon & ice in the disposal
- Sweep or vacuum the floor
- Mop the floor
- Empty the trash, as needed

BEDROOMS

- Declutter open spaces
- Dust fans, blinds, trim, etc.
- Clean table tops and mirrors
- Sweep or vacuum the floor
- Mop the floor (every 2 weeks)
- Wash bedding (every 2 weeks)
- Vacuum mattress (every 2 weeks)
- Empty the trash

LIVING ROOM/OFFICE/OTHER

- Declutter open spaces
- Dust fans, blinds, trim, etc.
- Clean table tops and mirrors
- Clean electronic devices
- Vacuum upholstered furniture
- Sweep or vacuum the floor
- Mop the floor (every 2 weeks)
- Empty the trash

BATHROOM

- Declutter open spaces
- Dust fans, blinds, trim, etc.
- Clean mirrors and glass
- Clean cabinet doors/handles
- Sanitize vanity and sink
- Clean and sanitize shower/tub
- Disinfect toilet
- Pour hot water down the drains
- Vacuum or wash rugs
- Sweep or vacuum floor
- Mop floor
- Empty the trash can
- Replace washcloths, towels

LAUNDRY

- Wash clothing
- Wash kitchen linens
- Wash bathroom towels
- Wash bedding
- Wash rugs (optional)
- Wash pet bedding (if applicable)
- Wash cleaning rags, mops
- Clean lint trap (after each use)
- Wipe down washer, dryer
- Sanitize hampers, baskets

Monthly

- Clean the dishwasher
- Clean small appliances
- Clean the back splash
- Clean fridge shelves and exterior
- Degrease the stove range hood
- Disinfect trash cans
- Disinfect plunger and toilet brush
- Wash bathroom shower curtains
- Pour baking soda, vinegar and hot water down all the drains
- Clean front door and porch area
- Sweep garage, patio/deck, walkways

Every 6 Months

- Clean out vehicle(s) (every 3 months)
- Deep clean oven (and underneath it)
- Deep clean fridge (and behind it)
- Deep clean dining table and chairs
- Clean lampshades
- Clean window blinds
- Dust PC and laptop cooling fans
- Wash pillow covers, pillow, blankets
- Wash window curtains
- Wash slip covers (if applicable)
- Dust or wash walls, as needed
- Vacuum underneath furniture
- Wipe down baseboards
- Clean windows (inside and out)

Yearly

- Dust or vacuum on top of cabinetry
- Dust or vacuum books and bookshelves
- Clean ceiling fans and AC vents
- Vacuum lint trap, dryer hose, and vent
- Declutter drawers, shelves, cupboards, cabinets, dressers, closets
- Clean inside drawers, cupboards, cabinets and closets
- Wash doors and door trim
- Clean fireplace & chimney (if applicable)
- Steam clean upholstered furniture and carpets
- Deep clean tile flooring
- Declutter, sweep, and wash the patio, deck, and/or porch
- Replace toilet brush



Adapted from the e-book "Spotless: Nontoxic Cleaning for a Healthy Home" by Wealhouse Publishing Company.
Free printable download at <https://weal-house.com/wp-content/uploads/2020/08/Cleaning-Checklist.pdf>.