

Cleaning Schedule — Daily, Weekly and Monthly Tasks

A regular cleaning schedule means nothing becomes overwhelming. When cleaning is spread across the week in small tasks, you never face a full weekend of housework.

A simple framework

Daily (5 min): wipe kitchen surfaces, load/unload dishwasher, quick bathroom wipe. Weekly: vacuum, mop, clean bathroom, change bedding, laundry. Monthly: oven, fridge, windows, skirting boards. Quarterly: deep clean, declutter, behind appliances.

Tips for consistency

- Assign tasks to specific days rather than doing everything when it feels urgent
- Keep cleaning supplies accessible — the harder it is to start, the less often you will