

The Daily Cleaning Routine Checklist

A simple, calming routine to keep your home (and mind) clear in 30 minutes a day.

MORNING

10-15 min

- Make the bed
- Wipe kitchen counters and stovetop
- Do the dishes
- Tidy the living room
- Quick bathroom wipe-down

EVENING

10-15 min

- Reset the kitchen
- 5-minute whole-home pickup
- Prep for tomorrow

WEEKLY ADD-ONS

1 task / day

- Mon** — Vacuum
- Tue** — Mop floors
- Wed** — Bathroom deep clean
- Thu** — Change linens
- Fri** — Wipe appliances
- Sat** — Declutter one spot
- Sun** — Rest or catch up

TWO THINGS TO REMEMBER

- Missing a day doesn't break the routine, just start again tomorrow.
- A clean kitchen and a made bed matter most on busy days.

Print this and keep it on your fridge or inside a cabinet door for an easy daily reminder.