

## Daily

- ☐ Make bed
- ☐ Clean dirty dishes
- ☐ Dust hard surfaces
- ☐ Clean countertops
- ☐ Clean kitchen sink
- ☐ Do laundry
- ☐ Fluff pillows

## Weekly

- ☐ Clean wastebaskets
- ☐ Change bedding
- ☐ Throw out expired food
- ☐ Disinfect doorknobs
- ☐ Disinfect light switches
- ☐ Disinfect TV remotes
- ☐ Dust ceiling fans and vents
- ☐ Clean mirrors
- ☐ Vacuum floors and furniture
- ☐ Clean toilets
- ☐ Scrub bathroom floors
- ☐ Dust moldings
- ☐ Scrub stovetop
- ☐ Wipe down kitchen cabinets
- ☐ Clean microwave
- ☐ Wipe down appliances
- ☐ Disinfect toilets
- ☐ Clean showers and tubs
- ☐ Squeegee shower

## 2x per Month

- ☐ Clean leather and wood furniture
- ☐ Clean blinds
- ☐ Vacuum drapes and fabric shades
- ☐ Clean light fixtures
- ☐ Wipe down baseboards
- ☐ Shake out rugs
- ☐ Scrub grout
- ☐ Polish stainless steel appliances
- ☐ Clean fridge interior
- ☐ Clean and descale coffee maker

## 2x per Year

- ☐ Clean oven interior
- ☐ Vacuum mattress
- ☐ Clean slipcovers, pillows, and comforters
- ☐ Empty and clean cabinet and pantry shelves
- ☐ Dust refrigerator condenser coil
- ☐ Clean stove hood filter
- ☐ Freshen drain and garbage disposal

## Yearly

- ☐ Clean chimney and fireplace
- ☐ Clean behind and underneath furniture
- ☐ Clean behind and underneath appliances
- ☐ Deep clean doors
- ☐ Wipe down walls
- ☐ Wash window screens
- ☐ Clean windows
- ☐ Clean dryer duct
- ☐ Deep clean carpet and upholstery
- ☐ Clean gutters