

The Home Cleaning Checklist.

Room-by-room, daily to seasonal — everything you need for a spotless home. Print it, stick it on the fridge, and tick your way to sparkling.



Kitchen

9 tasks

- Wipe down countertops & backsplash
- Clean stovetop & control knobs
- Wipe inside & outside of microwave
- Clean sink & polish taps
- Wipe cupboard doors & handles
- Empty bin & replace liner
- Sweep & mop floor
- Wipe small appliances (kettle, toaster)
- Clean fridge exterior (interior weekly)



Living & dining room

8 tasks

- Dust all surfaces & shelves
- Wipe down TV & electronics
- Plump cushions & fold throws
- Vacuum sofa & under cushions
- Dust skirting boards & light fittings
- Clean mirrors & glass surfaces
- Vacuum / mop floors
- Tidy & declutter surfaces



Bedrooms

7 tasks

- Change & make the bed
- Dust nightstands & dressers
- Wipe door handles & light switches
- Empty bins
- Vacuum floors & under the bed
- Wipe mirrors
- Tidy wardrobe surfaces




Bathroom

8 tasks


- Clean & disinfect toilet (inside & out)
- Scrub shower, bath & tiles
- Clean basin & polish taps
- Wipe mirror & glass
- Wipe counters & cabinet fronts
- Replace towels
- Empty bin
- Mop floor & disinfect

 **Pro tip:** work top to bottom, left to right in every room — dust falls, so finish with the floors and you'll never clean the same spot twice.

Beyond the basics — weekly & seasonal.

 **Laundry & general** 6 tasks


- Wash, dry & fold laundry
- Wipe washing machine & dryer exterior
- Dust light fixtures & ceiling fans
- Clean interior windows
- Wipe doors, frames & switches
- Take out all rubbish & recycling

 **Weekly deep-clean add-ons** 6 tasks

- Clean inside the fridge
- Clean oven interior
- Dust blinds & curtains
- Wash bedding & pillowcases
- Vacuum mattresses
- Wipe skirting boards throughout

 **Seasonal (every few months)** 6 tasks

- Wash windows inside & out
- Clean behind & under large appliances
- Deep-clean carpets & rugs
- Wipe down walls & doors
- Declutter cupboards & storage
- Clean light fittings & extractor fans

 **Your own to-dos**

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MAKE IT A RHYTHM

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|---|---|---|
| 15 min a day — page 1's quick wins keep mess from piling up | 1 hour a week — knock out the weekly deep-clean add-ons | 1 day a season — the big jobs, or hand them to a pro team |
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