

*Easy*  
*House Cleaning*  
*Checklists*

*A supplement to*  
*Secret Confessions of a Clean Freak*

## Easy Housework Checklist

### **Daily:**

- \_\_\_\_\_ Spray shower/tub walls with daily shower spray, or squeegee them down.
- \_\_\_\_\_ Wipe down bathroom counter(s).
- \_\_\_\_\_ Clear the kitchen sink every night. Wipe down counters.
- \_\_\_\_\_ Keep clothes picked up.
- \_\_\_\_\_ Keep mail and papers picked up. (For more help on this, see the getting it organized page.)
- \_\_\_\_\_ Try to do a load of laundry daily.

### **Monday**

- \_\_\_\_\_ Dust

### **Tuesday**

- \_\_\_\_\_ Clean Kitchen

### **Wednesday**

- \_\_\_\_\_ Clean Bathrooms

### **Thursday**

- \_\_\_\_\_ Vacuum and Clean floors.

### **Friday**

- \_\_\_\_\_ Touch up dust and vacuum

### **2X Week:**

- \_\_\_\_\_ Take out garbage and newspapers.
- \_\_\_\_\_ Water plants.
- \_\_\_\_\_ Feather Dust

**Monthly:**

- \_\_\_\_\_ Wipe down ceiling fans if needed
- \_\_\_\_\_ Clean windows.
- \_\_\_\_\_ Throw out or donate magazines.
- \_\_\_\_\_ Wash fingerprints and scuff marks off walls

**Spring and Fall Cleaning:**

- \_\_\_\_\_ Wash silk plants.
- \_\_\_\_\_ Clean figurines and knick-knacks
- \_\_\_\_\_ Clean shelves
- \_\_\_\_\_ Wash blinds and window treatments
- \_\_\_\_\_ Clean light fixtures and ceiling fans
- \_\_\_\_\_ Wipe tops of door frames
- \_\_\_\_\_ Wipe down doors
- \_\_\_\_\_ Vacuum vents
- \_\_\_\_\_ Vacuum screens
- \_\_\_\_\_ Wash windows inside and out, including window wells and tracks
- \_\_\_\_\_ Thoroughly vacuum mattresses
- \_\_\_\_\_ Straighten closets, vacuum out, dust cobwebs
- \_\_\_\_\_ Get rid of clothes and toys that are not used. Give them to charity, someone else can use them.
- \_\_\_\_\_ Clean carpets
- \_\_\_\_\_ Clean the oven
- \_\_\_\_\_ Do any floor treatments for your type of tile floors. Clean behind stove and refrigerator too.
- \_\_\_\_\_ Clean upper shelves, and above kitchen cabinets if that is an open area.

## **Yearly**

\_\_\_\_\_ Clean inside cabinets and drawers at least once a year.

\_\_\_\_\_ Thoroughly clean wood furniture

\_\_\_\_\_ Clean upholstery

\_\_\_\_\_ Wash walls

## **Dusting**

- \_\_\_\_\_ Ceiling fans and light fixtures
- \_\_\_\_\_ Cobwebs
- \_\_\_\_\_ Window treatments and blinds
- \_\_\_\_\_ Pictures
- \_\_\_\_\_ Furniture, including all objects and under all objects
- \_\_\_\_\_ TV and computer screens
- \_\_\_\_\_ Baseboards

## **Kitchen**

- \_\_\_\_\_ Ceiling fans, light fixtures
- \_\_\_\_\_ Cobwebs
- \_\_\_\_\_ Window treatments
- \_\_\_\_\_ Dishes
- \_\_\_\_\_ Counters (including baker's racks, microwave carts...)
- \_\_\_\_\_ Stove top
- \_\_\_\_\_ Rangehood
- \_\_\_\_\_ Microwave
- \_\_\_\_\_ Fridge front
- \_\_\_\_\_ Cabinet doors
- \_\_\_\_\_ Anything hanging on walls
- \_\_\_\_\_ Light switches
- \_\_\_\_\_ Door handles
- \_\_\_\_\_ Baseboards
- \_\_\_\_\_ Floors

## **Bath**

- \_\_\_\_\_ Light fixtures (while cool)
- \_\_\_\_\_ Shower/tub
- \_\_\_\_\_ Sink
- \_\_\_\_\_ Mirror
- \_\_\_\_\_ Cabinets
- \_\_\_\_\_ Towel bars
- \_\_\_\_\_ Toilet (also check behind)
- \_\_\_\_\_ Check walls
- \_\_\_\_\_ Anything hanging on walls
- \_\_\_\_\_ Baseboards
- \_\_\_\_\_ Floors

## **Vacuuming**

- \_\_\_\_\_ Upholstery
- \_\_\_\_\_ Carpets
- \_\_\_\_\_ Corners and edging
- \_\_\_\_\_ Patio door tracks
- \_\_\_\_\_ Floors