

Cleaning Schedule for Working Moms & Dads

Daily Cleaning Tasks

Morning

- Make the beds
- Wipe kitchen counters & sink
- Sweep or vacuum high-traffic areas
- Load/unload the dishwasher
- Do one load of laundry

Afternoon

- Tidy up kids' play area
- Wipe bathroom sinks & counters
- Quick declutter (15-minute pickup)

Night

- Tidy up kids' play area
- Wipe bathroom sinks & counters
- Quick declutter (15-minute pickup)

Weekly Cleaning Tasks

Weekly

- Monday: Bathrooms (toilets, showers, mirrors)
- Tuesday: Dusting (furniture, shelves, light fixtures)
- Wednesday: Change bed linens & towels
- Thursday: Deep clean kitchen (microwave, fridge, stovetop)
- Friday: Vacuum/mop entire house
- Saturday: Declutter one area (closets, toys, mail)
- Sunday: Rest & reset for the week

Monthly Deep Cleaning

Monthly

- Wash windows & blinds
- Clean baseboards & doors
- Wipe ceiling fans & light fixtures
- Organize pantry & fridge
- Wash outdoor trash bins