Cleaning schedule: free printable weekly checklist

A little every day and one room a week, so the house never needs a whole Saturday.

The routine professional cleaners advise: a short daily reset, a fixed day for each room, the big jobs once a month.

Steps

- [ ] **Daily reset: dishes, worktop and a quick tidy (15m)**
  Repeats every day
- [ ] **Bathroom and toilet (20m)**
  Repeats every week
- [ ] **Vacuum and mop the floors (20m)**
  Repeats every week
- [ ] **Kitchen: hob, fridge shelves and bin (20m)**
  Repeats every week
- [ ] **Change the bedding and do the laundry (20m)**
  Repeats every week
- [ ] **Dust and water the plants (10m)**
  Repeats every week
- [ ] **Monthly: windows, oven and skirting boards (45m)**
  Repeats every month
- [ ] **Every season: cupboards, mattress and behind the furniture (1h)**
  Repeats every three months

Free checklist from Plenzu, the calm to-do app that plans only what fits. Plan these steps on the right days:
plenzu.com/templates/cleaning-schedule