

# Weekly Cleaning Checklist

WEEK OF: \_\_\_\_\_

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## KITCHEN

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- Wipe counters
- Clean stovetop
- Empty fridge of expired food
- Scrub sink
- Sweep + mop floor
- Take out trash
- Wipe outside of appliances
- Clean microwave inside

## BEDROOM

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- Make the bed
- Change sheets
- Dust nightstand + dresser
- Vacuum or sweep
- Tidy clothes
- Empty trash

## LIVING ROOM

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- Vacuum or sweep
- Dust surfaces
- Wipe TV screen + electronics
- Tidy throw pillows + blankets
- Empty trash
- Clean coffee table
- Vacuum couch cushions

## BATHROOM

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- Scrub toilet inside + out
- Wipe sink + mirror
- Clean shower / tub
- Mop floor
- Replace towels
- Restock toilet paper
- Empty trash

## GENERAL

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- Wipe doorknobs + light switches
- Water plants
- Take out recycling
- Wipe down phone screens
- Quick weekly meal-plan