

Weekly Cleaning Schedule

Hold your own weekly routine on one page and see what has actually been done.

Your own jobs down the side, the days across the top. There is no cleaning plan printed on this sheet, because a one-bedroom flat and a farmhouse with a dog do not share one — write in the routine you actually keep and tick the day it was done.

Household

Week beginning

A STARTING POINT TO ARGUE WITH

left column weekly · right column monthly or less often

- ☐ Floors vacuumed and washed

☐ Kitchen worktops, sink and hob

☐ Toilets, basins, shower or bath

☐ Bins emptied and the bin wiped

☐ Bed linen and towels changed

☐ Handles, switches and remotes
- ☐ Inside the microwave and the toaster

☐ Extractor and cooker hood filter

☐ Skirting boards and door frames

☐ Windows inside, sills and blinds

☐ Behind the furniture that moves

☐ Shower screen, grout and plugholes

YOUR WEEK

write the job, tick the day it was done

Job	Mon	Tue	Wed	Thu	Fri	Sat	Sun