

HOUSE CLEANING CHECKLIST

Daily Chores:

Pick up trash

Go through the house and throw away all the trash. That includes fast food wrappers, packaging, any trash on the floor, counters or tables. Carry a small wastebasket with you to make it easier.

Put dishes in the sink and rinse

I'm not even going to tell you to do the dishes everyday. But you want to get all the dishes in the sink and rinse all the leftover food off of them so mold doesn't grow. If you have a dishwasher, go ahead and stick them in if you want.

Throw clutter in a basket

Keep a basket handy to throw clutter on tables, floors and counters into. You can empty it later.

Wipe up any floor spills

Go ahead and wipe up that milk you spilled on the floor in front of the fridge. And any other spills throughout the house. This includes the bathrooms.

Put away clothes

Put dirty laundry in a clothes hamper. Jeans or jackets can be worn a couple times before being washed, put these back where clean clothes are stored.

Weekly Chores:

Wipe down bathrooms

Wipe down countertops and sinks. Clean the toilet. Just pour in some cleaner and swish the toilet brush around if you're not feeling it. Spray shower with a bleach solution and let sit for 20 minutes then rinse. If there is mold you may have to let it sit for longer until the mold disappears. If you don't want to use chemicals, a simple solution of white vinegar and water kills mold and disinfects as well. Just mix 1 part water with one part [distilled white vinegar](#). If your shower is particularly dirty, use straight vinegar. Put in a spray bottle. There's no need to scrub. Just let the cleaning solution do its trick. You may have to scrub your bathtub if there is a lot of soap scum in it. Magic Erasers are frankly [magic for soap scum](#).

Wipe down kitchen

Wipe down all the kitchen counters and do those dishes if you haven't already. Wipe out the microwave and clean off any stains on the cabinets.

Sweep or Vacuum

I suggest using your vacuum on all floors and rugs if you have one. Most vacuums have a bare floor setting now and it's a lot faster than sweeping. You can use it in the bathrooms too. If not, sweep high traffic areas.

Monthly Chores:

Dust

Dusting is probably the easiest of all the household chores. You may want to do this once a week if you are prone to allergies. Just dust all the surface areas in your house. [Don't forget ceiling fans](#) and window sills. NOTE: After you dust you are going to want to vacuum as all the dust is going to fall to the floor (that's gravity for ya). So you might want to incorporate the monthly dusting with the weekly vacuuming.

Mop Floors

Time to mop! Mop all the hard surfaces in your house, especially the kitchen and bathrooms. If you want mop the bathrooms and kitchen once a week, you go for it! If you have wood throughout, mopping too frequently will actually do more harm than good to your hardwood. Spot cleaning and sweeping / vacuuming is the way to go for hardwood while mopping occasionally. If your floors get constantly dirty with children or kids, mopping high traffic areas more frequently is ok.

Additionally...

When the trash gets full you should probably take it out. Also, when the sink gets full of dishes, go ahead and clean them (likewise with dishwasher).