Free Printable Weekly Cleaning Checklist

A gentle weekly plan for everyday upkeep

Mark tasks as you finish. Choose what fits your home; skip tasks that do not apply.

MONDAY · KITCHEN

- [ ] Wipe kitchen counters GUIDE ›
- [ ] Clean sink and faucet GUIDE ›
- [ ] Check refrigerator for spoiled food GUIDE ›

TUESDAY · BATHROOMS

- [ ] Clean toilet and sink GUIDE ›
- [ ] Wipe mirrors GUIDE ›
- [ ] Replace used towels GUIDE ›

WEDNESDAY · BEDROOMS

- [ ] Dust nightstands and dressers GUIDE ›
- [ ] Change bed linens as needed GUIDE ›
- [ ] Tidy clothes and shoes GUIDE ›

THURSDAY · FLOORS

- [ ] Vacuum high-traffic floors GUIDE ›
- [ ] Spot clean floor marks safely GUIDE ›
- [ ] Clean entryway clutter GUIDE ›

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FRIDAY · LAUNDRY

- [ ] Wash needed loads by care label — GUIDE ›
- [ ] Wipe washer door and gasket — GUIDE ›
- [ ] Put away clean clothes — GUIDE ›

SATURDAY · RESET

- [ ] Tidy pantry shelves — GUIDE ›
- [ ] Dust living-room surfaces — GUIDE ›
- [ ] Restock cleaning supplies — GUIDE ›

SUNDAY · LIGHT RESET

- [ ] Plan next week’s priorities — GUIDE ›
- [ ] Empty household trash as needed — GUIDE ›
- [ ] Choose three quick daily tasks — GUIDE ›

GUIDE links open related cleaning and organization categories in the digital PDF.

Safety: Follow product labels. Never mix cleaning chemicals, including bleach with acids or ammonia.