TIDYWELL · FREE PRINTABLE

Weekly cleaning schedule

About 25 minutes a day

Every day

About 10 minutes

- [ ] Wash up or load the dishwasher ~4 min
- [ ] Wipe the kitchen counters and hob ~2 min
- [ ] Clear the main surfaces in the living room ~2 min
- [ ] Two-minute reset before bed: anything out of place goes back ~2 min

Monday: kitchen

About 15 minutes

- [ ] Wipe cupboard fronts and handles ~4 min
- [ ] Clean the microwave inside ~4 min
- [ ] Check the fridge and bin anything past its date ~4 min
- [ ] Empty and rinse the kitchen bin ~3 min

Tuesday: bathroom

About 15 minutes

- [ ] Clean the toilet, inside and out ~4 min
- [ ] Wipe the sink, taps and mirror ~4 min
- [ ] Spray and wipe the bath or shower ~5 min
- [ ] Swap the hand towel ~2 min

Wednesday: living room

About 15 minutes

- [ ] Dust surfaces, shelves and the TV stand ~5 min
- [ ] Plump cushions and fold throws ~3 min
- [ ] Vacuum the rug and under the coffee table ~5 min
- [ ] Take stray cups and plates back to the kitchen ~2 min

Thursday: bedrooms

About 15 minutes

- [ ] Clear the bedside tables ~3 min
- [ ] Put away clean clothes ~5 min
- [ ] Dust the dressing table and windowsill ~3 min
- [ ] Vacuum the bedroom floors ~4 min

Friday: floors

About 20 minutes

- [ ] Vacuum the hall, stairs and landing ~8 min
- [ ] Mop the kitchen and bathroom floors ~10 min
- [ ] Shake out the doormat ~2 min

Saturday: laundry and bedding

About 20 minutes of hands-on time

- [ ] Change the bed sheets ~8 min
- [ ] Wash towels and bedding
- [ ] Take out the recycling ~3 min
- [ ] Wipe light switches and door handles ~4 min

Sunday: rest

Daily basics only

- [ ] Glance at next week and move anything that will not fit ~5 min

How to make it stick

- Missed a day? Skip it. Don’t double up tomorrow; the schedule comes round again next week.
- Swap days to fit your week. If Friday is your busiest day, do floors on Wednesday.
- Set a timer. Fifteen minutes with a finish line is easier to start than “clean the bathroom”.
- Sharing the home? Split the focus days, or take turns week by week.

Free from **tidywell-app.com**

Rather not print it? **Tidywell** is a free chore app for iPhone and Android.