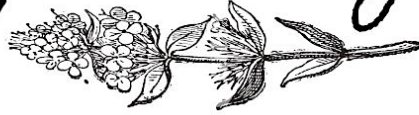


# a weekly cleaning rhythm



## Everyday Chores

- make the beds
- dishes/dishwasher
- wipe down surfaces
- one touch rule
- sweep floors
- one load of laundry
- evening tidy

## monday

- wash bedding
- laundry catch-up
- straighten laundry room
- grocery shop

## tuesday

- organize + toss
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## wednesday

- tidy basement
- tidy main living area
- dust spaces + vacuum
- wipe down mirrors

## thursday

- tidy bedrooms
- dust + vacuum
- wipe down mirrors
- tidy closets/drawers

## friday

- bathrooms + kitchen
- give a good scrub
- vacuum + mop
- wipe down mirrors

## weekend

- clean out fridge
- organize cupboards
- meal plan
- plan for week ahead

