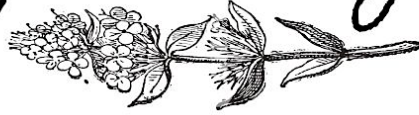


a weekly cleaning rhythm



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

- tidy basement + mud room
- tidy school room

wednesday

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

thursday

- tidy main living area
- dust + vacuum
- wipe down mirrors
- tidy dining room

friday

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

weekend

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

