

# Weekly Cleaning Schedule

*The easy routine that finally fits real life*

Day	Zone	Core Tasks	15 Min	30 Min	60 Min
<b>Monday</b>	<i>Kitchen</i>	Counters, stovetop, floor	Counters + stovetop	Add fridge wipe down	Add deep mop + appliances
<b>Tuesday</b>	<i>Bathrooms</i>	Toilets, sinks, mirrors	Toilets + sinks	Add tub + tile spray	Add grout + drawer purge
<b>Wednesday</b>	<i>Bedrooms</i>	Sheets, dust, floors	Change sheets	Add dust + vacuum	Add closet + under bed
<b>Thursday</b>	<i>Living Areas</i>	Dust, vacuum, declutter	Surface declutter	Add full vacuum	Add upholstery + baseboards
<b>Friday</b>	<i>Floors + Trash</i>	High traffic floors, all bins	Trash + entry sweep	Add main floor mop	Add full vacuum + bin clean
<b>Saturday</b>	<i>Laundry</i>	Wash, dry, fold, put away	One load	Two loads	Sheets, towels, catch up
<b>Sunday</b>	<i>Reset + Plan</i>	Tidy, restock, plan week	10 minute tidy	Add fridge inventory	Add meal prep + restock

## How To Use This Schedule

Pick one time-budget version each Sunday based on the week ahead. The 15 minute version is for survival weeks. The 30 minute version is your default. The 60 minute version is for once-a-month catch up. Run the same plan for one full week before changing anything, then customize using the household tweaks on page 2.

<p><b>15 Min Days</b></p> <p>Total weekly time: ~1.5 hours. Hit only the core tasks column. Survival mode.</p>	<p><b>30 Min Days</b></p> <p>Total weekly time: ~3.5 hours. Standard plan. The version that works for most weeks.</p>	<p><b>60 Min Days</b></p> <p>Total weekly time: 6 to 7 hours. Catch up mode. Use once a month.</p>
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# Make This Schedule Yours

*Tweak by household type, then restock with the right supplies*

## Household Tweaks

<b>Working Moms</b>	Move laundry to Wednesday + Saturday. Add a 20-minute toy reset on Sunday.
<b>Apartment Renters (under 600 sq ft)</b>	Combine Monday + Friday into one 30-minute block. Use Friday for closet reset.
<b>Pet Owners</b>	Add 5-minute fur sweep on Tuesday + Thursday. Wash pet beds every other Saturday.
<b>Roommates</b>	Each person owns 2 weekdays + 1 weekend day. Rotate monthly. Sunday goes to whoever cooks least.
<b>Single, No Kids</b>	Cut every block by 5 minutes. Move laundry to whichever day fits your gym or social calendar.

## Supply Checklist by Tier

<b>BUDGET</b> Under \$25 per item	<b>MID RANGE</b> \$25 to \$100	<b>SPLURGE</b> \$100 and up
<ul style="list-style-type: none"> <li>■ Microfiber cloths, 24 pack (\$12)</li> <li>■ Amber glass spray bottles, 2 (\$8)</li> <li>■ Castile soap, Dr. Bronner's (\$11)</li> <li>■ Wicker storage caddy (\$15)</li> <li>■ Swiffer wet mop refill (\$8)</li> <li>■ Dollar Tree scrub brush (\$1.25)</li> <li>■ Toilet brush + holder (\$6)</li> </ul>	<ul style="list-style-type: none"> <li>■ Mrs. Meyer's variety pack (\$22)</li> <li>■ Swiffer WetJet starter kit (\$25)</li> <li>■ Bissell handheld vacuum (\$40)</li> <li>■ Ceramic bathroom caddy (\$18)</li> <li>■ Microfiber flat mop (\$28)</li> <li>■ Method bathroom spray (\$4)</li> <li>■ Rubber gloves, 3 pack (\$9)</li> </ul>	<ul style="list-style-type: none"> <li>■ Dyson V8 cordless vacuum (\$349)</li> <li>■ Branch Basics starter kit (\$79)</li> <li>■ West Elm woven basket (\$59)</li> <li>■ Grove Collaborative refill set (\$65)</li> <li>■ Bona hardwood mop kit (\$42)</li> <li>■ Public Goods bath line (\$28)</li> <li>■ iRobot Roomba (\$275 and up)</li> </ul>

## Common Mistakes To Avoid

- ✗ Cleaning every room every day. The point is rotation.
- ✗ Buying matching supplies before you've used the system for a month.
- ✗ Skipping the Sunday reset. It is the keystone day.
- ✗ Setting unrealistic times. Start with 15 minutes and graduate up.
- ✗ Hiding supplies under the sink. Out of sight, out of routine.
- ✗ Treating laundry as a whenever task. Give it a day. Honor the day.
- ✗ Trying to catch up after a missed week. Skip ahead instead.

**Save this printable.** Pin it to your cleaning board, screenshot the schedule, or print and tape it inside a kitchen cabinet door. For more home reset systems, visit [homeorganizehacks.com](http://homeorganizehacks.com).