

Summer Cleaning Schedule

A Lighter Routine for the Hot Months

THE 3-SPEED SUMMER CLEAN

SPEED 1: DAILY (10 MIN)	SPEED 2: WEEKLY (30 MIN)	SPEED 3: MONTHLY (90 MIN)
<i>Quick daily surface control</i>	<i>One deeper pass every Sunday</i>	<i>Targeted once-a-month reset</i>
<input type="checkbox"/> Wipe kitchen counters + stovetop after last meal <input type="checkbox"/> Sweep/vacuum entryway, kitchen, living room <input type="checkbox"/> Reset entryway: shoes in basket, bags on hooks <input type="checkbox"/> Wipe bathroom sink + faucet handles (60 sec) <input type="checkbox"/> Run one laundry load if needed	<input type="checkbox"/> Full bathroom: toilet, tub, sink, mirror, floor <input type="checkbox"/> Mop or steam kitchen floor <input type="checkbox"/> Change and wash bed linens <input type="checkbox"/> Wipe fridge shelves + produce drawer <input type="checkbox"/> Empty all trash cans, replace liners <input type="checkbox"/> Dust all ceiling fan blades	<input type="checkbox"/> Replace or vacuum the AC filter <input type="checkbox"/> Clean window tracks + wipe screens <input type="checkbox"/> Wipe baseboards (bathroom + laundry room) <input type="checkbox"/> Deep clean oven interior and microwave <input type="checkbox"/> Wipe outdoor furniture cushions <input type="checkbox"/> Check under-sink areas for mildew

ROOM-BY-ROOM CHECKLIST

ROOM	DAILY	WEEKLY	MONTHLY
Kitchen	Wipe counters + stovetop Rinse and dry sink	Wipe appliance exteriors Mop kitchen floor Check fridge for expiry	Deep clean fridge interior Descale coffee maker Audit pantry for heat damage
Bathroom	Wipe sink + faucet handles	Clean toilet, tub, sink, mirror Mop floor / Swap towels	Scrub tile grout Check for mildew Wipe exhaust fan cover
Bedroom	Make bed Clear nightstand surfaces	Change + wash linens Dust ceiling fan blades Vacuum or sweep floor	Flip or rotate mattress Vacuum under bed frame Wipe window sills + tracks
Living Spaces	Quick surface pick-up Return items to rooms	Vacuum upholstery + rug Wipe remotes + light switches Dust shelves	Move furniture + clean behind Clean baseboards Vacuum rug edges
Outdoor	—	Sweep porch or deck Wipe outdoor furniture	Hose cushion covers Check for wasp nests under eaves Clean grill grates

Summer Cleaning Schedule

Kids, Teens and Teachers Edition

KIDS AND TEENS AGE-BY-AGE TASK CHART

AGE GROUP	DAILY TASKS	HOW TO MAKE IT STICK
Ages 4 to 6	One task only: Shoes in the basket by the door OR cup in the kitchen sink	Physical habit first. Add a second task only after the first runs automatically for one full week.
Ages 7 to 10	Make bed each morning Wipe bathroom sink after brushing Carry dishes to kitchen after meals	Three tasks maximum. Post a visible checklist so tasks complete without daily reminders from you.
Ages 11 to 13	Full bedroom tidy Clean own bathroom One shared task daily: vacuum, dishwasher, or counter wipe	Assign ownership of a space, not just a task. When they own it, they maintain it differently.
Ages 14 and up	Weekly rotation from the fridge list: Mop a floor Clean a full bathroom Run laundry: wash, dry, fold	Post the weekly rotation list where everyone can see it. Rotation keeps things fair and removes the daily negotiation.
Teachers on Break	Follow Speed 1 (daily tidy) and Speed 2 (weekly reset) from the 3-Speed Summer Clean on page 1.	Take the Speed 3 monthly deep reset in June, August, and one final pass the week before school starts.

7 SUMMER CLEANING QUICK WINS

01	Keep a cleaning caddy stocked and portable. One caddy with Method All-Purpose Cleaner and two microfiber cloths moves room to room in seconds and saves 20+ minutes a week.
02	Clean top to bottom every single time. Ceiling fans and shelves before floors. Skipping this step means sweeping the floor twice.
03	Put the kitchen to bed each night. A five-minute wipe of the stovetop, counters, and sink means a reset kitchen every single morning.
04	One-minute tasks get done now, not later. If something takes under 60 seconds, do it on the spot. Wipe the microwave door. Toss the empty bottle. Hang the towel.
05	A shoe basket at the entryway is non-negotiable in summer. Summer shoes carry roughly ten times the outdoor debris of winter boots.
06	Run the bathroom exhaust fan for 20 minutes after every shower all summer. Free mold prevention. The EPA links bathroom moisture to poor indoor air quality across the whole home.
07	Set a monthly phone reminder right now to swap the AC filter, June through September. The Department of Energy links a clogged filter to 5 to 15 percent higher energy costs.

HOW TO USE THIS PRINTABLE

Print on US Letter (8.5 x 11") in black and white • Slip into a clear sheet protector • Hang inside a cabinet door • Check tasks with a dry-erase marker • Wipe clean each Sunday and reuse all summer

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