

Weekly House Cleaning

Every home is different with specific cleaning needs. Families may use or modify this checklist for weekly house cleaning jobs. Each family member can be given specific jobs from the list. Set a time limit and see how quickly the family can get the following jobs done. Parents will need to provide guidance on which periodic cleaning jobs should be included.

Weekly Jobs:

Living room

- Dust furniture in front room, Use wood spray on coffee table, end tables and piano. Dust lamps.
- Vacuum front room; use hand vacuum to get corners.
- Wash window and window sill.

Main Floor Hallway

- Wipe floor boards.
- Mop floor.
- Vacuum stairs; use hand vacuum on corners and crevices.

Main Floor Bathroom

- Clean mirror.
- Scrub sink and countertop.
- Scrub outside and inside of toilet.
- Mop floor and floor boards.
- Wipe door, door knob and light switch.
- Fill soap containers and replenish toilet paper supply.

Main Floor Dining Room

- Clean benches and chairs to table.
- Wipe down bar stools.
- Wash windows and window sills.

Main Floor Kitchen

- Wipe down door to pantry and basement, both sides.
- Sweep pantry.
- Mop kitchen and dining room floor; dry floor when finished.

Periodic Cleaning (bi-weekly, monthly, or quarterly)

Living Room:

- Dust ceiling corners with long duster
- Use hand vacuum on crevices and corners
- Vacuum couch cushions and under couch cushions
- Shampoo carpet

Main Floor Hallway

- Clean and polish wood handrail

Main Floor Dining Room

- Wash light fixture above table

Main Floor Kitchen

- Clean floor area under stove
- Clean floor area under refrigerator
- Wash window above kitchen sink
- Clean inside of fridge and freezer
- Clean inside of oven

Main Floor Family Room

- Wash windows and window sills
- Vacuum floor

Stairs to basement and basement hall

- Wash handrail and walls.
- Vacuum stairs and use hand vacuum in corners and crevices.
- Vacuum hallway and use hand vacuum in corners and crevices.

Basement Bathroom

- Clean mirror.
- Scrub bathtub.
- Clean toilet, inside and out.
- Wash sink and counter top.
- Sweep and mop bathroom floor.
- Wash door, door knob and walls where needed.
- Fill soap containers and replenish toilet paper supply.

Basement Family Room

- Vacuum floor.
- Dust furniture.

Upstairs Bathroom

- Scrub bathtub and walls around shower.
- Clean toilet, inside and out.
- Clean sink and counter top.
- Wash mirror.
- Sweep and mop floor.
- Fill soap containers and replenish toilet paper supply.

Garbage

- Empty all trash containers in the home and put in outdoor garbage can.

Periodic Cleaning (bi-weekly, monthly, or quarterly)

Main Floor Family Room:

- Dust window blinds and light fixture fan
- Clean light fixture glass
- Clean tile around fire place
- Vacuum couches and underneath cushions
- Shampoo carpet
- Organize book shelves

Basement Family Room:

- Wash window and window sill

Master Bathroom

- Clean shower.
- Wash mirrors and glass.
- Clean bathtub.
- Clean toilet, inside and out.
- Wash counter top and sink.
- Vacuum floor.
- Fill soap containers and replenish toilet paper supply.

Master Bedroom

- Vacuum floor.
- Wash window sills.

Office

- Wash window sill.
- Dust computers and computer desk.
- Vacuum floor.

Bedrooms

- Clean and vacuum bedroom.
- Dust furniture and window sill.
- Wash sheets.
- Vacuum upstairs hallway.

Laundry Room

- Remove cleaning buckets and laundry baskets.
- Wipe down washer and dryer with cleaning spray and cloth.
- Wash window and window sill.
- Sweep and mop laundry room floor .
- Replace cleaning buckets and laundry baskets.

Periodic Cleaning (bi-weekly, monthly, or quarterly)

Master Bedroom:

- Clean and polish wood furniture
- Clean light fixtures
- Wash windows

Office:

- Clean light fixture
- Wash window
- Shampoo carpet

Bedrooms:

- Clean light fixtures
- Wash windows
- Shampoo carpets

Garage

- Wash door to garage, both sides
- Sweep garage floor

Storage Room

- Organize shelves
- Sweep and mop floor