Free printable house cleaning checklist pdf



Daily

- [ ] Make your bed
- [ ] Wipe down bathroom counters after getting washed up morning and night
- [ ] Empty/load dishwasher
- [ ] Take out trash
- [ ] Do a nighttime sweep to put toys, loose papers, and other stray objects in their place
- [ ] Wipe down counters, table, and sink

Weekly

- [ ] Dust all hard surfaces
- [ ] Vacuum and/or mop floors
- [ ] Wipe down appliances
- [ ] Wipe down and disinfect countertops
- [ ] Wipe down mirrors
- [ ] Scrub and disinfect the kitchen sink
- [ ] Scrub and disinfect toilets
- [ ] Clean and scrub showers and tubs
- [ ] Change and launder sheets and towels

- [ ] Toss any food that has expired

Monthly

- [ ] Vacuum upholstery
- [ ] Wipe out and disinfect wastebaskets
- [ ] Wipe down and disinfect doorknobs, light switches and TV remotes
- [ ] Dust ceiling fans and vents
- [ ] Dust moldings
- [ ] Scrub stovetop, including burner grates
- [ ] Wipe down kitchen cabinets
- [ ] Clean and deodorize the microwave (heat a mug of water with a lemon wedge, then wipe down)

Every Three to Six Months

- [ ] Launder or hand-wash curtains
- [ ] Vacuum mattress (every three months) and flip or rotate 180 degrees (every six months)
- [ ] Clean and condition leather and wood furniture
- [ ] Clean blinds
- [ ] Vacuum drapes and fabric shades
- [ ] Dust lampshades
- [ ] Wipe down baseboards
- [ ] Shake out rugs
- [ ] Scrub grout
- [ ] Wash windows inside and out
- [ ] Clean and degrease the stove hood
- [ ] Polish stainless steel appliances
- [ ] Clean refrigerator and freezer interiors
- [ ] Clean and descale coffee maker

Every Six to 12 Months

- [ ] Clean oven interior
- [ ] Wash or dry clean slipcovers
- [ ] Wash or dry clean pillows

- [ ] Wash or dry clean comforters
- [ ] Empty and clean cabinet and pantry shelves
- [ ] Vacuum or dust refrigerator condenser coil
- [ ] Wash and dry stove hood filter

Every Year or So

- [ ] Have rugs professionally cleaned
- [ ] Pull out large appliances and furniture to clean behind and underneath
- [ ] Wipe down walls
- [ ] Wash window screens
- [ ] Clean dryer duct
- [ ] Have upholstery and drapes professionally cleaned (every two years)

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