



CLEAN HOUSE *Magic*

hello

Thank you so much for purchasing Clean House Magic! We designed this binder to offer help and structure to homeowners looking for an easier way to keep their homes clean.

This binder is for those of you who feel overwhelmed in your home, who are not naturally the type of people to put labels on everything (don't worry - we're not either.)

This cleaning binder contains a system that relies on developing a few key habits regularly. Then, we're providing checklists to help you remember other cleaning tasks to keep your home running smoothly.

We will continuously add to this binder, and you will receive all updates - for free!

Andrew + Cat

find your why

It's possible you've tried different cleaning systems in the past, but haven't been able to stick to them. (Yep, we've been there too.)

One thing that makes a big difference when actually sticking to a plan is writing down why you want a clean house.

After all, having a solid cleaning system isn't just about being tidy. It's about becoming the person you want to be. It's about having a home that reflects your values.

On the next few pages, we've included four questions you can answer to help you establish a strong why.

Cat shares her answers on the first two pages so you can get a few ideas on what might help you. And, the next two pages are blank for you to fill out.

Once you know why you want to implement this cleaning system, you'll have a more compelling reason to stick with it. And, if you ever lose motivation, you can always refer back to your answers to get a boost.

CAT'S ANSWERS



My biggest struggle when it comes to cleaning is...

**CLUTTER, FINDING THE TIME TO
DO IT, GETTING MY KIDS TO HELP**

If I had my ideal clean home it would look like...

**CLEAN FLOORS, COUNTERTOPS
WITHOUT CLUTTER, ORGANIZED
CABINETS, EMPTY SINKS**

CAT'S ANSWERS



A clean home is important to me because...

IT CREATES A CALM, STRESS FREE ENVIRONMENT. IT ALSO HELPS TEACH MY KIDS WHAT A HOME IS SUPPOSED TO LOOK LIKE.

If I had a clean home, I could do more of...

FAMILY TIME, HOBBIES, AND SLEEP!

My biggest struggle when it comes to cleaning is...

If I had my ideal clean home it would look like...

A clean home is important to me because...

If I had a clean home, I could do more of...

How This binder is organized

Now that you've answered the questions on the previous pages and you know **why** you want to try this cleaning system, it's time to get officially started.

This binder is divided into three sections. The first section, Cleaning Habits, will take you through the 9 daily habits you can implement to create a calm, clean home. We start you off easy, with just three main habits, and you can build from there.

The second section is our Cleaning System. We've included checklists for every room in your house. The checklists are divided into daily, weekly, and quarterly cleaning tasks you can do to keep your home running smoothly. You don't have to check every box on these lists. We wanted it to be comprehensive, but not overwhelming.

The last section is our Cleaning Tips section. This is where we share helpful hints on sticking to your habits and tricks to keep your home clean for the long haul.

Section 1

CLEANING
HABITS

CLEANING
SYSTEM

Section 2

Section 3

CLEANING
TIPS



Section 1

CLEANING HABITS

Ah, habits.

Habits are those amazing, automatic things that we can do without thinking like brushing our teeth or taking off our shoes by the door when we walk in.

What's super nice about habits is that you can create a new one anytime you want.

What's tricky is that research shows it takes on average 66 days for a habit to stick.

So, it's not really starting the habit that's hard. It's actually making it stay.

That's why we're suggesting you start small with just 3 daily habits that can make your home instantly feel cleaner. Then, over time, you can grow this to 10 habits.

daily habits

There are 9 daily habits that you can implement to create a clean and tidy home 90% of the time. But, 9 habits is *a lot* to add on at once. So, we're suggesting you start with the 3 habits below.

1. EMPTY SINK
2. PUT IT BACK
3. WIPE IT DOWN



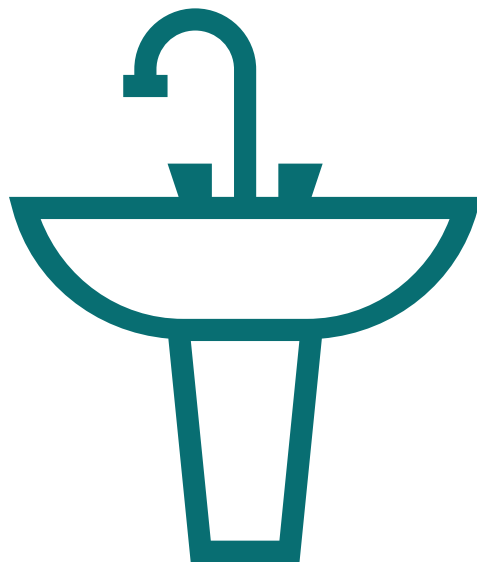
Empty Sink

If you can implement this one habit, your home will instantly feel cleaner. I don't know what it is about an empty sink, but it definitely makes you feel like you're on top of your cleaning tasks.

If you don't feel like cleaning your sink, try this. Time yourself emptying your dishwasher and then time yourself loading it. Did you know it takes less than 10 minutes to do both of those tasks? That's it! 10 minutes!

You can also try habit stacking where you're only allowed to listen to a certain podcast or watch a certain show when you're doing the dishes. This helps pair something enjoyable with something you dread and makes you more likely to do it.

Empty your sink every day, and you'll be well on your way to a clean home.



Put it Back

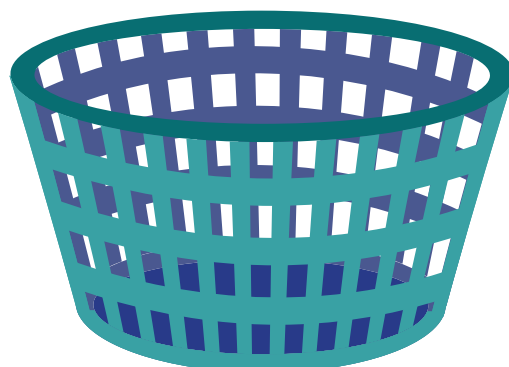
The next habit to develop is putting things back where they go. It sounds simple, but life is busy. It's very easy to have a clean living room in the morning and have it be a complete disaster at the end of the day.

Surprisingly, though, it only takes about 15 minutes to put things back where they go if you make this a daily task. Our suggestion is to use a basket. It doesn't have to be a fancy, pretty wicker basket. It can be as simple as a laundry basket.

Set a timer for 15 minutes and put as many things in the basket as possible that are not where they are supposed to be. If you have a family, this is a task you can do with your spouse or kids as well.

Then, take another 10-15 minutes and carry the basket around your house putting things back where they belong.

This is a really simple, easy habit that can make a big difference!



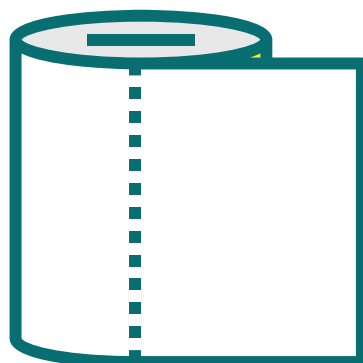
Wipe it Down

The last of the 3 main habits to develop is to wipe things down. If you've mastered the first two habits of emptying your sink and putting things back where they go, you should be left with a lot of clean surfaces.

Again, if this is a daily task, wiping things down should take no more than 15 minutes. I like to use Clorox wipes, but you can also use a spray cleaner and a microfiber cloth and paper towels.

Go into every room of your house and wipe down the tops of your tables, media cabinets, kitchen counters, sinks, and more. You can even do this in 5 minute increments during the day. I know many people who wipe down their bathroom first thing in the morning after brushing their teeth.


Keeping up with these three habits daily helps dirt and grime from building up. It doesn't have to be perfect, just presentable. Wiping things down daily, even if you only have a few minutes to do it can make your house smell good and your surfaces from getting mess stuck on them.





Habits 4-9

As mentioned earlier, there are really 9 daily habits that can give you a squeaky clean home. The top 3 are the most important and if you can get just those 3 done, you'll be well on your way. But, if you want a gold star for developing all the good habits, try layering on habits 4-9 below over time as well.

- 4. RUN THE DISHWASHER**
 - 5. PUT AWAY SHOES**
 - 6. CLEAN FLOORS**
 - 7. OPEN & SORT MAIL**
 - 8. LOAD OF LAUNDRY**
 - 9. DEAL WITH TRASH**
- 



final thoughts on habits

In the next section, you'll see all of our cleaning checklists. It might be overwhelming at first because there are a lot of tasks on there! The cleaning checklists are simply to help you develop a system of regular maintenance. If you don't get to every daily task, that's ok.

Habits, on the other hand, can really become automatic. Much like throwing your keys in a bowl when you walk in the door or brushing your teeth, habits are the things you don't have to think about much before doing them.

If you can master the 9 habits in Section 1 and make them so routine that you don't even have to think about doing them, you'll have a much cleaner home.



Section 2 is about taking that next step and manually checking off cleaning tasks.

Section 2

CLEANING SYSTEM

A thorough cleaning system is made up of three parts.

1) The daily things.

These are the little items that you can do to keep on top of things in the house. None of them are overwhelming and can easily be turned into habits.

2) Weekly chores:

These are the tasks that you need to do once a week to keep your house running like a clean machine.

3) Monthly upkeep:

These are the things that you can ignore on a daily basis but need to do monthly so you don't fall behind.

but, before we dive in...

A little note from us:

Remember that this cleaning system is something most people build up to.

Print the checklists out and start with the daily items. See how you do and aim to get a streak.

Success breeds success, and little wins make way for bigger wins. When you check off a box, say your victory word, like "Yes!" or "Boom!" (It sounds silly, but it totally works.)

Keep the emphasis on your wins. Every step you take is another step closer to a clean house.

Try not to beat yourself up if you miss a day or break a streak. Just get back on the horse and try again.

You've got this! We're rooting for you!

supplies list

- | | |
|--|--|
| <input type="checkbox"/> RUBBER GLOVES | <input type="checkbox"/> WINDEX |
| <input type="checkbox"/> SPONGES | <input type="checkbox"/> TOILET BOWL CLEANER |
| <input type="checkbox"/> BUCKET | <input type="checkbox"/> DISH SOAP |
| <input type="checkbox"/> POLISHING CLOTHS | <input type="checkbox"/> WHITE VINEGAR |
| <input type="checkbox"/> CLR | <input type="checkbox"/> BROOM + DUST PAN |
| <input type="checkbox"/> SWIFFER FLOOR MOP | <input type="checkbox"/> DISINFECTANT WIPES |
| <input type="checkbox"/> DUSTER | <input type="checkbox"/> FLOOR POLISH |
| <input type="checkbox"/> TOILET BRUSH | <input type="checkbox"/> FURNITURE POLISH |
| <input type="checkbox"/> TRASH CAN | <input type="checkbox"/> MAGIC ERASERS |
| <input type="checkbox"/> GARBAGE BAGS | <input type="checkbox"/> MR CLEAN VIM |
| <input type="checkbox"/> RECYCLING BAGS | <input type="checkbox"/> SCRUBBING BUBBLES |
| <input type="checkbox"/> SPRAY BOTTLE | <input type="checkbox"/> GLASS TOP CLEANER |
| <input type="checkbox"/> SCRUBBING BRUSH | <input type="checkbox"/> BLEACH |
| <input type="checkbox"/> TOOTHBRUSH | <input type="checkbox"/> OVEN CLEANER |
| <input type="checkbox"/> SQUEEGE | <input type="checkbox"/> PLUNGER |
| <input type="checkbox"/> MOP AND BUCKET | <input type="checkbox"/> SOS OR STEEL WOOL |
| <input type="checkbox"/> VACUUM | <input type="checkbox"/> PAPER TOWELS |
| <input type="checkbox"/> GLASS SCRAPER | <input type="checkbox"/> CARRY CADDY |
| <input type="checkbox"/> MICROFIBER CLOTHS | <input type="checkbox"/> RAGS |

Kitchen

CLEANING CHECKLIST

DAILY CLEANING	S	M	T	W	T	F	S
Wash dishes and cookware	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put dishes away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put away leftover food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe countertops	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean up any spills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Disinfect kitchen counters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe table	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweep the floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Empty countertop compost bin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put wash towels in laundry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY CLEANING	1	2	3	4	5
Clean kitchen cabinet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe cabinet handles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean chairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a shopping list	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a meal plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean microwave	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe down kitchen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe down refrigerator	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Throw out inedible food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take out the garbage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Organize storage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust baseboard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust the light fixtures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust top surfaces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vacuum the floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mop the floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash windows and	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean tap	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean the kitchen sink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust and clean window	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MONTHLY CLEANING	
Clean kitchen cabinet inside walls	<input type="checkbox"/>
Update pantry inventory	<input type="checkbox"/>
Organized pantry	<input type="checkbox"/>
Update freezer inventory	<input type="checkbox"/>
Clean ovens	<input type="checkbox"/>
Clean coffee maker	<input type="checkbox"/>
Clean toaster	<input type="checkbox"/>
Clean the kitchen sink drain	<input type="checkbox"/>
Empty the ice machine	<input type="checkbox"/>
Wash standing mats	<input type="checkbox"/>
Disinfect the fridge	<input type="checkbox"/>
Disinfect your freezer	<input type="checkbox"/>
Organize cabinets	<input type="checkbox"/>
Organize drawers	<input type="checkbox"/>
Dust light fixtures	<input type="checkbox"/>
Replace light bulbs	<input type="checkbox"/>
Refill dish soap and hand soap	<input type="checkbox"/>
Clean fridge coils	<input type="checkbox"/>

Bathroom

CLEANING CHECKLIST

DAILY CLEANING	S	M	T	W	T	F	S
Wipe out sink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put items back in their place	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe up any water on the floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe countertops	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean up any spills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe toothpaste off sink and faucet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hang up towels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY CLEANING	1	2	3	4	5
Sweep the floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mop the floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust baseboard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe the baseboard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust the light fixtures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scrub the tub	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scrub the shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe the toilet outside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Disinfect the toilet seat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean the toilet bowl	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust baseboard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust the light fixtures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust top surfaces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean the mirror	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash window and ledge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash towels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Throw away trash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Remove hair from drains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Replenish toilet paper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MONTHLY CLEANING	
Clean cabinet fronts	<input type="checkbox"/>
Wipe cabinet handles	<input type="checkbox"/>
Add missing items to grocery list	<input type="checkbox"/>
Run baking soda and vinegar	<input type="checkbox"/>
Treat any mold or mildew	<input type="checkbox"/>
Wash trash can	<input type="checkbox"/>
Wash mats	<input type="checkbox"/>
Restock cleaning supplies	<input type="checkbox"/>
QUARTERLY CLEANING	
Clean grout	<input type="checkbox"/>
Wash shower curtain	<input type="checkbox"/>
Organize cabinets	<input type="checkbox"/>
Dust the air vents	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Bedroom

CLEANING CHECKLIST

DAILY CLEANING	S	M	T	W	T	F	S
Make the bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put items back in their place	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put dirty cloths in laundry basket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean off dresser and nightstand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Close drawers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY CLEANING	1	2	3	4	5
Vacuum	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tidy the room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust baseboard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust the dresser	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust the light fixtures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust window treatments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust the blinds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Empty trash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spot clean walls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Change sheets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash sheets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash windows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do laundry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MONTHLY CLEANING	
Vacuum under bed	<input type="checkbox"/>
Vacuum under dressers	<input type="checkbox"/>
Dust hard to reach areas	<input type="checkbox"/>
Wash trash can	<input type="checkbox"/>
Wipe lightswitch	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
QUARTERLY CLEANING	
Organize dressers	<input type="checkbox"/>
Organize the closet	<input type="checkbox"/>
Donate clothes	<input type="checkbox"/>
Clean drawers	<input type="checkbox"/>
Dust the air vents	<input type="checkbox"/>
Wash window treatments	<input type="checkbox"/>
Rotate mattress	<input type="checkbox"/>
	<input type="checkbox"/>

Living Room

CLEANING CHECKLIST

DAILY CLEANING	S	M	T	W	T	F	S
Clear off table clutter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put things back in their place	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pick up stuff off floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blankets into baskets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dishes in kitchen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pillows on couch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shoes in basket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY CLEANING	1	2	3	4	5
Vacuum floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vacuum furniture cracks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tidy the room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust baseboards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust electronics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust the light fixtures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust window treatments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust the blinds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust shelves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash windows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Empty trash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fluff pillows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MONTHLY CLEANING	
Vacuum under furniture	<input type="checkbox"/>
Wash blankets	<input type="checkbox"/>
Wash trash can	<input type="checkbox"/>
Dust hard to reach areas	<input type="checkbox"/>
Wash vents	<input type="checkbox"/>
Dust ceiling fans	<input type="checkbox"/>
Dust door trims	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
QUARTERLY CLEANING	
Wash curtains	<input type="checkbox"/>
Polish furniture	<input type="checkbox"/>
Remove cobwebs	<input type="checkbox"/>
Dust the air vents	<input type="checkbox"/>
Wash pillow slips	<input type="checkbox"/>
Wash window treatments	<input type="checkbox"/>
Shampoo rugs and carpets	<input type="checkbox"/>
	<input type="checkbox"/>

Dining Room CLEANING CHECKLIST

DAILY CLEANING	S	M	T	W	T	F	S
Wipe down dining room table	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put dishes away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Arrange chairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stack placemats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY CLEANING	1	2	3	4	5
Vacuum floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mop floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tidy the room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust baseboards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust the light fixtures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust shelves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust blinds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pledge table	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put tablecloth in laundry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe walls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash windows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash window sills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash chair covers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust the air vents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spot clean chairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MONTHLY CLEANING	
Vacuum in furniture cracks	<input type="checkbox"/>
Wash vents	<input type="checkbox"/>
Dust ceiling fans	<input type="checkbox"/>
Dust door trims	<input type="checkbox"/>
Dust pictures	<input type="checkbox"/>
Dust hard to reach areas	<input type="checkbox"/>
Dust china and shelves	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
QUARTERLY CLEANING	
Wash curtains	<input type="checkbox"/>
Polish silverware	<input type="checkbox"/>
Wash window treatments	<input type="checkbox"/>
Shampoo rugs and carpets	<input type="checkbox"/>
Wipe inside cabinets	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Garage + Outside

CLEANING CHECKLIST

DAILY CLEANING	S	M	T	W	T	F	S
Check mail	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water garden	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put garbage in the bin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY CLEANING	1	2	3	4	5
Sweep porch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Remove cobwebs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weed garden	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mow lawn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe down tables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe down furniture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean bug light	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweep floors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash cars	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean inside cars	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Organize areas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Winter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shovel walkway	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put down ice salt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clear driveway	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MONTHLY CLEANING	
Shake / beat rugs and mats	<input type="checkbox"/>
Clean porch fans	<input type="checkbox"/>
Spray for weeds	<input type="checkbox"/>
	<input type="checkbox"/>
Wash inside windows	<input type="checkbox"/>
Wipe down any surfaces	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
QUARTERLY CLEANING	
Wash outside windows	<input type="checkbox"/>
Throw away unused items	<input type="checkbox"/>
Organize and declutter	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Basement

CLEANING CHECKLIST

DAILY CLEANING	S	M	T	W	T	F	S
Clear off tables clutter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put things back in their place	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pick up stuff off floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blankets into baskets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pillows on couch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY CLEANING	1	2	3	4	5
Vacuum floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vacuum furniture cracks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tidy the room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust baseboards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust electronics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust the light fixtures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust window treatments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust the blinds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust shelves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash windows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Empty trash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fluff pillows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MONTHLY CLEANING	
Vacuum under furniture	<input type="checkbox"/>
Wash blankets	<input type="checkbox"/>
Wash trash can	<input type="checkbox"/>
Dust hard to reach areas	<input type="checkbox"/>
Wash vents	<input type="checkbox"/>
Dust ceiling fans	<input type="checkbox"/>
Dust door trims	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
QUARTERLY CLEANING	
Wash curtains	<input type="checkbox"/>
Remove cobwebs	<input type="checkbox"/>
Dust the air vents	<input type="checkbox"/>
Wash pillow slips	<input type="checkbox"/>
Wash window treatments	<input type="checkbox"/>
Shampoo rugs and carpets	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

CLEANING CHECKLIST

DAILY CLEANING	S	M	T	W	T	F	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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WEEKLY CLEANING	1	2	3	4	5
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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MONTHLY CLEANING	
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QUARTERLY CLEANING	
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Spring

CLEANING CHECKLIST



SPRING CLEANING INDOORS

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
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SPRING CLEANING OUTDOORS

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Summer

CLEANING CHECKLIST

SUMMER CLEANING INDOORS

SUMMER CLEANING OUTDOORS

Fall

CLEANING CHECKLIST



FALL CLEANING INDOORS

FALL CLEANING OUTDOORS

Winter

CLEANING CHECKLIST



WINTER CLEANING INDOORS



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WINTER CLEANING OUTDOORS



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CLEANING CHECKLIST



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WEEKLY CLEANING	1	2	3	4	5
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MONTHLY CLEANING	
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QUARTERLY CLEANING	
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Section 3

CLEANING TIPS

You have our checklists.
You have our cleaning system.
You've got the supply lists.
You know what to do.

But, you might need some tips to
keep you motivated *and* help keep
your home extra sparkly.

That's what section 3 is for. Enjoy!

staying motivated

4 TIPS!

1

Habit stack: Only let yourself listen to your favorite podcast or audio book while you're cleaning. Or, only listen to a certain radio station or have a certain show in the background. By combining something you don't want to do with something you do want to do, you're more likely to accomplish it!

2

Invite someone over! Nothing will motivate you faster than knowing you'll have a friend over at your house in a few hours. Time to speed clean!

3

Implement a reward system. Create a special jar of candy that you can only eat after you've done your cleaning tasks for the day. Or, reward yourself with something even better after sticking to a cleaning plan for a week straight. Decide the reward ahead of time, and don't let yourself have it until you're done!

4

Use a streak calendar. (Psst: we've included one at the bonus section at the end of this binder!) Put an X on every day you clean and don't break the streak!

make it shine

TIPS TO MAKE YOUR HOME LOOK LIKE A PROFESSIONAL CLEANED IT!

1

Fold a few hanging towels on a rack and fold all other towels in three and neatly stack them.

2

Fold the end of your toilet paper roll and make sure there's always easily accessible extras for your guests.

3

Use acrylic organizers in your closets and refrigerators. (Everyone will think you hired a personal organizer!)

4

Go the extra mile by cleaning your baseboards, walls, and ceiling when you have time. It'll look like a whole cleaning crew came in to help!

do it once!

TIPS FOR CLEANING YOUR HOME RIGHT THE FIRST TIME!

1

Start anything that needs to run a cycle first. You don't want to clean your whole house and then remember to start the laundry. Get your dishwasher and laundry going first before cleaning anything else.

2

Pick up anything that doesn't belong and put it back where it goes. It's easier to clean surfaces if you're not moving around shoes, kids' toys, etc. You can even put a basket in each family member's room and have them be responsible for putting their own things back where they go.

3

Start from top to bottom - upstairs to downstairs, light fixtures to cabinets to floors. This lets all the mess filter down to where the last thing you clean is the floor and you're done!

4

Purchase high-quality cleaning products and supplies. A low-quality vacuum cleaner, for example, will create more work. It's worth it to invest in long-lasting products to make your cleaning faster and more efficient!

Bonus

ENJOY THE
EXTRAS!

Because we love ya (really, we do!) here are a few extras for you.

In the bonus section, we've included:

- Recipes for homemade cleaners
- A cleaning streak calendar
- A 12 month calendar, with the dates filled in
- A family chore tracker
- A daily time block schedule

**THANK YOU FOR BEING A
MILLENNIAL HOMEOWNER CUSTOMER!**

Andrew + Cat

Homemade CLEANERS

Multipurpose Cleaner

- 8 OZ DAWN DISH SOAP
- 12 OZ VINEGAR
- (SPRAY LIGHTLY)

Floor Cleaner

- 1 GALLON OF WATER
- 1 CUP VINEGAR

Drain Cleaner

- 1 CUP BAKING SODA
- 1/2 CUP VINEGAR

Glass Cleaner

- 1 CUP RUBBING ALCOHOL
- 1 CUP WATER
- 1 TBSP VINEGAR

Grout Cleaner

- 1 PART WATER
- 1 PART DAWN DISH SOAP

Toilet Cleaner

- 1 PART VINEGAR
- 1 PART BAKING SODA

Mirror Cleaner

- 1/4 CUP OF VINEGAR
- 2.5 CUPS OF WATER
- 1 TSP OF DISH SOAP
- MICROFIBER CLOTH

Optional

- ADD ESSENTIAL OILS TO MAKE YOUR CLEANERS SMELL AMAZING

Cleaning Streak

S	M	T	W	T	F	S
X	X	X	X	X	X	X
X	X	X				

USE THE BLANK STREAK CALENDAR ON THE NEXT PAGE TO KEEP TRACK OF HOW MANY DAYS IN A ROW YOU CLEAN. STREAKS KEEP YOU MOTIVATED!

Cleaning Streak

S

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January

2022 CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February

2022 CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
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March

2022 CALENDAR

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April

2022 CALENDAR

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May

2022 CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
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June

2022 CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
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July

2022 CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
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31						

August

2022 CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
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21	22	23	24	25	26	27
28	29	30	31			

September

2022 CALENDAR

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October

2022 CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
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November

2022 CALENDAR

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December

2022 CALENDAR

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Family Chores

CLEANING TRACKER

DESCRIPTION	NAME	DATE
<i>took out trash</i>	DAD	1/5
<i>swept floor</i>	MOM	1/6

USE THE BLANK TRACKER ON THE NEXT PAGE TO KEEP TRACK OF JOINT FAMILY CHORES

Daily Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
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