

A person's hands are shown wearing teal nitrile cleaning gloves. The hands are positioned in the center of the frame, with the left hand slightly behind the right. A white rectangular text box is superimposed over the hands, containing the title 'Cleaning Schedule' in a black, elegant cursive font. The background is a light, neutral grey. The entire scene is framed by a thin, light brown border. In the top-left and bottom-right corners, there are decorative elements: a white wavy line and a circular pattern of small orange dots on a white background.

Cleaning Schedule

Weekly Cleaning Schedule

mon: Laundry- wash, fold & put away

tues: Kitchen - wipe counters, clean sink & appliances

wed: Bedrooms & Dusting

thurs: Laundry- wash, fold, put away & wash bedding

fri: Bathrooms- toilets, wipe counters, sinks, & mirrors

sat: Menu Plan & 1-2 items from the monthly list

sun: Rest

*vacuum as needed

Weekly Cleaning Schedule

mon:

tues:

wed:

thurs:

fri:

sat:

sun:

*vacuum as needed

Daily Quick Clean

make beds

wash dishes

unload dishwasher

wipe sink

wipe down table

wipe down countertops

empty trash

pick up

Monthly Deep Cleaning

mop (bi-weekly)

clean baseboards

clean windows

organize toys

wash slip covers (furniture)

clean tub/shower

deep clean appliances

dust light fixtures/fans