

Weekly Cleaning Schedule for *Busy Moms*

One zone a day, 15 to 20 minutes. Set a timer, stop when it rings, and skip a day guilt-free.

Monday

KITCHEN

- ☐ Clear and wipe counters
- ☐ Scrub the sink
- ☐ Wipe appliance fronts
- ☐ Quick mop the floor

Tuesday

BATHROOMS

- ☐ Clean toilets
- ☐ Wipe mirrors and sinks
- ☐ Swap out towels
- ☐ Empty trash cans

Wednesday

FLOORS

- ☐ Vacuum high-traffic areas
- ☐ Shake out entry rugs
- ☐ Spot-mop spills
- ☐ Clear stairs and hallways

Thursday

DUST & WIPE

- ☐ Dust living room surfaces
- ☐ Wipe light switches and handles
- ☐ Fluff pillows, fold throws
- ☐ Water the plants

Friday

LAUNDRY RESET

- ☐ Wash and dry
- ☐ Fold together as a family
- ☐ Put everything away
- ☐ Restock linen closet

Saturday

BEDROOMS

- ☐ Change the sheets
- ☐ Clear nightstands
- ☐ Tidy kids' rooms
- ☐ Return stray items

Sunday

PLAN & REST

- ☐ Plan meals for the week
- ☐ Write the grocery list
- ☐ Quick fridge clean-out
- ☐ Rest. You earned it.

Every night

10-MIN RESET

- ☐ Load or run the dishwasher
- ☐ Wipe kitchen counters
- ☐ Put 5 things back
- ☐ Set out tomorrow's essentials

Share the Load: *Kids' Chores*

Write each child's daily job, then check it off. Little helpers, big difference.

NAME / CHORE	MON	TUE	WED	THU	FRI	SAT	SUN

Chore ideas by age

Ages 3–5

- ☐ Put toys in bins
- ☐ Feed the pet
- ☐ Match socks
- ☐ Wipe the table

Ages 6–9

- ☐ Make their bed
- ☐ Set the table
- ☐ Empty small trash cans
- ☐ Fold towels

Ages 10+

- ☐ Load the dishwasher
- ☐ Vacuum a room
- ☐ Pack their lunch
- ☐ Start a laundry load

Notes & deep-clean reminders

Tip: Keep a cleaning caddy on each floor so supplies are always within reach. Find the tools I use at easyhomeeasierlife.com.