Your weekday household checklist

Move days around, share tasks, and skip rooms that do not apply to your home.

Week of: _____ Household / team: _____

MONDAY / KITCHEN

- [ ] Wash dishes; wipe sink and counters
- [ ] Wipe stovetop and appliance fronts
- [ ] Check fridge; plan to use food on hand
- [ ] Empty trash; sweep or mop floor
- [ ] Other: _____

TUESDAY / BATHROOMS

- [ ] Clean sink, faucet, and mirror
- [ ] Clean toilet, tub, and shower
- [ ] Replace towels; restock supplies
- [ ] Empty trash; sweep or mop floor
- [ ] Other: _____

WEDNESDAY / BEDROOMS

- [ ] Change bedding as needed
- [ ] Put away clothes and loose items
- [ ] Dust clear surfaces
- [ ] Vacuum or sweep floors
- [ ] Other: _____

THURSDAY / LIVING & ENTRY

- [ ] Return items to their places
- [ ] Dust shelves, tables, and screens
- [ ] Put away shoes, bags, and mail
- [ ] Vacuum rugs and upholstery
- [ ] Other: _____

FRIDAY / LAUNDRY & RESET

- [ ] Wash, dry, fold, and put away laundry
- [ ] Wipe laundry surfaces; clear lint filter
- [ ] Tidy extra rooms; catch up on one task
- [ ] Plan meals, errands, and supplies
- [ ] Other: _____

YOUR DAILY BASICS

Keep up with dishes, spills, and food messes as they happen. Add a quick tidy when you can.

On a busy day, choose one task. Small steps count.

EXTRA TASKS & SHARED RESPONSIBILITIES

- [ ] _____
- [ ] _____
- [ ] _____