Monthly Cleaning Tracker

The jobs that quietly make a house feel neglected. Tick the month as you go.

> The whole list takes about 90 minutes once you are keeping up. Pick one fixed day a month: the date matters far less than it being fixed.

TWELVE MONTHS

	J	F	M	A	M	J	J	A	S	O	N	D
Descale the kettle	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Dishwasher cycle and filter	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean the microwave properly	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean the extractor filter	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clear expired food from fridge	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Descale the shower head	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash shower curtain / wipe seals	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean bathroom extractor fan	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash mats, tea towels, cloths	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vacuum behind big furniture	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe switches, handles, remotes	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Check smoke alarm batteries	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Washing machine cleaner cycle	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean tumble dryer filter	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

NOTES

Free to print and share. Please do not resell.