The Realistic Weekly Cleaning Schedule

About 20 minutes a day, one zone at a time. Built for an average week, not your best one.

> Stick this inside a cupboard door. Give it a fortnight before deciding whether it works: most routines feel awkward for ten days and automatic by day twenty.

EVERY DAY, ABOUT 10 MINUTES

- [ ] Kitchen surfaces and sink, last thing at night
- [ ] One load of washing moved along a stage
- [ ] Five-minute tidy of the room you use most

THE WEEK

- [ ] Monday: bathrooms. Loo, sink, mirror, quick shower pass
- [ ] Tuesday: floors downstairs. Vacuum main living areas
- [ ] Wednesday: kitchen deep bits. Cupboard fronts, hob, microwave, bin
- [ ] Thursday: floors upstairs and bedrooms
- [ ] Friday: surfaces and glass. Dust at eye level, mirrors, fingerprints
- [ ] Saturday: the 20-minute reset. Everything back to its room
- [ ] Sunday: nothing. Genuinely nothing

NOTES

Free to print and share. Please do not resell.