



home cleaning rhythm

A realistic routine you can adapt instead of obey.

DAILY RESET

- ☐ Make beds / open curtains
- ☐ Clear kitchen counters
- ☐ Run or empty dishwasher
- ☐ Quick floor sweep where needed
- ☐ Five-minute clutter return
- ☐ Set up tomorrow

WEEKLY RHYTHM

- | | |
|---|---|
| ☐ Bathrooms | ☐ Dust surfaces |
| ☐ Vacuum / mop | ☐ Change bedding |
| ☐ Kitchen detail clean | ☐ Laundry catch-up |
| ☐ Empty fridge odds and ends | ☐ Reset entryway |

MONTHLY ROTATION

- | | |
|--|---|
| ☐ Wipe cabinet fronts | ☐ Clean appliances |
| ☐ Wash bins | ☐ Dust vents / fans |
| ☐ Vacuum upholstery | ☐ Check pantry dates |
| ☐ Wash shower curtain / liner | ☐ Declutter one small zone |



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SEASONAL

- | | |
|--|--|
| ☐ Windows / screens | ☐ Deep fridge / freezer |
| ☐ Closet swap | ☐ Smoke / CO check |
| ☐ Outdoor reset | ☐ Donation run |
| ☐ Wash pillows / duvets | ☐ Review supplies |

ROOM NOTES

- ☐ Kitchen: _____
- ☐ Bath: _____
- ☐ Bedrooms: _____
- ☐ Living: _____
- ☐ Other: _____

Use this space for home-specific jobs.

MAKE IT LIGHTER

- ☐ Pair one job with music or a podcast
- ☐ Keep a small caddy ready
- ☐ Stop when the timer ends
- ☐ Aim for reset, not perfection