

HOME & ROUTINE

Cleaning Schedule

A simple daily, weekly and monthly routine
that fits a real week — not a perfect one.

16 PRINTABLE PAGES · US LETTER

THIS PLANNER BELONGS TO

WANT ALL EIGHT IN ONE FILE?

The Ultimate Life Planner 2027 · 132 pages, dated, one PDF

tidynestprintables.com/ultimate-life-planner

How to use this planner

The goal is not a spotless house. The goal is never having to clean everything at once.

1. **Print in US Letter** (8.5×11in), *Actual size* — not *Fit to page*.
2. **Start with the daily list.** Fifteen minutes a day beats a whole Saturday.
3. **Give each weekday one zone.** Monday kitchen, Tuesday bathrooms — the week does the work for you.
4. **Monthly and seasonal pages are for what you forget**, like the fridge coils and the mattress.
5. **Reprint the blank pages** and build a routine that matches your house, not someone else's.

If you work outside the home: use only the daily list on weekdays and pick one zone for Saturday. A routine you can keep beats a routine that looks good on paper.

Daily Cleaning Checklist

The 15-minute reset. Do these and the house never gets away from you.

- ☐ Make the beds
- ☐ Load & run the dishwasher
- ☐ Wipe kitchen counters
- ☐ Wipe the sink
- ☐ Quick sweep of high-traffic floors
- ☐ One load of laundry: wash, dry, fold
- ☐ Clear the entryway
- ☐ 10-minute pick-up before bed

ANYTHING ELSE TODAY

Weekly Cleaning Schedule

One zone per day. Sunday to Saturday.

SUNDAY

Rest & plan the week

MONDAY

Kitchen

TUESDAY

Bathrooms

WEDNESDAY

Bedrooms

THURSDAY

Living areas

FRIDAY

Floors & laundry

SATURDAY

Catch-up & deep task

THIS WEEK'S EXTRA

Monthly Cleaning Checklist

Once a month is enough for these – and skipping them is what turns cleaning into a whole weekend.

- ☐ Wipe baseboards
- ☐ Dust ceiling fans & light fixtures
- ☐ Clean inside the microwave & oven
- ☐ Wipe cabinet fronts
- ☐ Vacuum under furniture
- ☐ Wash throw blankets & pillow covers
- ☐ Clean mirrors & glass doors
- ☐ Disinfect trash cans
- ☐ Wipe switches, handles & remotes
- ☐ Clear out the fridge
- ☐ Change air filter
- ☐ Flip or rotate the mattress

Seasonal Deep Clean

Four times a year. Pick a weekend and cross off what applies to your home.

☐	Wash windows inside & out	
☐	Clean window tracks & screens	
☐	Wash curtains	
☐	Shampoo carpets or rugs	
☐	Clean behind the fridge & stove	
☐	Vacuum fridge coils	
☐	Descale coffee maker & kettle	
☐	Clean dryer vent	
☐	Declutter one closet	
☐	Wipe walls & doors	
☐	Deep clean the garage or storage	
☐	Rotate seasonal clothes	

Kitchen

Room by room, so nothing gets skipped.

☐	Counters & backsplash
☐	Sink & faucet
☐	Stovetop & hood
☐	Inside microwave
☐	Inside oven
☐	Fridge shelves & drawers
☐	Cabinet fronts
☐	Small appliances
☐	Trash & recycling
☐	Sweep & mop floor

NOTES FOR THIS ROOM

Bathroom

Room by room, so nothing gets skipped.

☐	Toilet, inside & out	
☐	Shower & tub	
☐	Shower door or curtain	
☐	Sink & counter	
☐	Mirror	
☐	Cabinet & drawers	
☐	Restock paper & soap	
☐	Wash bath mats	
☐	Empty trash	
☐	Sweep & mop floor	

NOTES FOR THIS ROOM

Bedroom

Room by room, so nothing gets skipped.

☐	Change the sheets
☐	Dust nightstands & dresser
☐	Wipe mirrors
☐	Clear the nightstand
☐	Under the bed
☐	Closet floor
☐	Laundry basket to laundry room
☐	Vacuum the floor

NOTES FOR THIS ROOM

Living Areas

Room by room, so nothing gets skipped.

☐	Fluff & straighten cushions
☐	Dust shelves & TV stand
☐	Wipe the coffee table
☐	Remotes & switches
☐	Under the sofa cushions
☐	Vacuum upholstery
☐	Water the plants
☐	Vacuum the floor

NOTES FOR THIS ROOM

Laundry Routine

One load a day keeps the mountain from ever forming.

DAY	LOAD	WASHED	FOLDED & PUT AWAY

HOUSEHOLD NOTES

Cleaning Supplies Checklist

Check before the store run, not after.

☐ All-purpose cleaner	☐ Microfiber cloths
☐ Glass cleaner	☐ Sponges
☐ Bathroom cleaner	☐ Scrub brush
☐ Dish soap	☐ Toilet brush
☐ Laundry detergent	☐ Broom & dustpan
☐ Fabric softener	☐ Mop
☐ Disinfecting wipes	☐ Vacuum bags or filter
☐ Baking soda	☐ Trash bags
☐ White vinegar	☐ Rubber gloves

Blank Weekly Schedule

Build the routine that fits your house. Reprint as many as you need.

Kids Chore Chart

Write the chore once, check it off all week. Works for one child or the whole crew.

Chore Split

For roommates or a family: who does what, written down, so nobody has to remember whose turn it is.

Notes

A large rectangular area filled with a light gray dotted grid, intended for handwritten notes.

ONE FILE INSTEAD OF EIGHT

The Ultimate Life Planner 2027

This is one piece of the system. The 2027 edition puts **all eight sections in a single file** — monthly, weekly, money, home, meals, goals, habits and notes — with **53 weeks already dated** instead of blanks to fill in.

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