

Home Cleaning Schedule

A daily reset, a weekly rotation and the monthly detailing, on one sheet. Stick it on the fridge so the routine is not one person's memory.



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Daily reset

Fifteen minutes, every evening. Tick the day it was done.

TASK	MON	TUE	WED	THU	FRI	SAT	SUN
Clear the kitchen counters, load the dishwasher and wipe the sink.							
Sweep or vacuum the main walkways and the entry.							
Wipe the high-touch points: handles, switches, taps, remotes.							
Make the beds and put away what is out of place.							
Deal with the day's post and paper instead of starting a pile.							
Run one load of laundry from sorting to putting away.							

Weekly rotation

One zone a day beats one exhausting Saturday. Assign the days that suit your week.

TASK	DAY	DONE
Bathrooms: scrub toilets, tubs and vanities, and wash the bath mats and towels.		
Bedrooms: change the sheets and dust the surfaces that actually collect dust.		
Floors: vacuum carpets and rugs, then damp-mop the hard floors.		
Kitchen: clean the sink and taps properly, and wipe the appliance fronts.		
Living areas and office: dust, vacuum the upholstery and wipe the high-touch surfaces.		
Entry and mudroom: wash the mats and clean the floor, more often in salt season.		

Monthly detailing

The surfaces a weekly pass never reaches.

- ☐ Wipe the door frames, baseboards, light switches and window sills.
- ☐ Dust the blinds, the light fixtures and the tops of the cabinets.
- ☐ Clean the grout and the shower glass properly.
- ☐ Empty and rinse the vacuum filter and the sink drains.
- ☐ Wipe inside the microwave and the fridge shelves.
- ☐ Rotate or flip the mattresses and vacuum underneath the beds.

Seasonal, for an Ottawa home

Review the routine four times a year instead of treating the weather as a surprise.

- ☐ November to April: extra entryway care while salt and slush come through the door.
- ☐ Spring: pollen and dust settle faster once the windows open; add the sills and blinds.
- ☐ Summer: bathrooms and laundry carry more of the load.
- ☐ Fall: wash and store the summer things clean, and put the winter mats down early.
- ☐ Twice a year: book the deep tasks such as carpets, upholstery and the kitchen reset.

Keeping it going

The habits that make a schedule survive week three.

- ☐ Lock in one habit first, usually the nightly kitchen reset, before adding another.
- ☐ Anchor a task to something you already do, like wiping counters while the coffee brews.
- ☐ Keep this sheet visible, so the routine is shared rather than carried by one person.
- ☐ A fifteen-minute session that happens beats a six-hour block that never does.
- ☐ Put the deep clean in the calendar in advance, not when the house demands it.