

Weekly Cleaning Schedule

Match the jobs to the days you can realistically do them. Consistency, not intensity, keeps it running.

A simple day-by-day rotation

Spread the work across the week instead of stacking it into one long session. The exact days matter less than the rhythm, so adjust it to your week.

- ☐ Monday: the reset after the weekend. Tidy the living spaces and start a load of laundry.
- ☐ Tuesday: the kitchen. Wipe the counters, clean the sink and sweep the floor.
- ☐ Wednesday: the bathroom. Clean the toilet, tub and mirror while the day's laundry rotates through.
- ☐ Thursday: the floor pass. Vacuum the main rooms and mop where it is needed.
- ☐ Friday: wrap the week with a tidy and a wipe-down, so the weekend starts clean.
- ☐ Saturday and Sunday: the extras, the fridge, the oven or a deeper job, only when you want to.

Weekly jobs, by day

Tick the days each job is planned or done. If a day is missed, the next day simply picks up the load.

TASK	MON	TUE	WED	THU	FRI	SAT	SUN
The kitchen: counters wiped daily, and the sink, stovetop and floor given a proper pass at least twice.							
The bathroom: the toilet, tub or shower, sink and mirror.							
The floors: vacuumed or swept in the main living areas, with hard floors mopped on the same rotation.							
The bedding and towels, changed weekly.							
The dusting: the main surfaces and shelves weekly.							
The tidying, done daily in small doses.							

Who does what

Assign each job to a day or block of time, spreading the work so no single day is heavy.

TASK	WHO	DAY OR BLOCK
The kitchen		
The bathroom		
The floors		
The bedding and towels		
The dusting		
The tidying		

Build your schedule

Work through these steps in the order that makes it easiest to keep.

- ☐ Step 1. Map a typical week and write down the real blocks of time you could give to cleaning, even the short ones.
- ☐ Step 2. Pick the six to eight weekly jobs that matter most for your home, covering the kitchen, bathroom, floors, towels and dusting.
- ☐ Step 3. Assign each job to a day or block, spreading the work so no single day is heavy.
- ☐ Step 4. Keep the plan short enough to read at a glance and set a timer for the bigger rooms.
- ☐ Step 5. Review the schedule after the first week and adjust it, so the plan fits your real week and not a wish.

Make it stick in a real week

A weekly schedule works only if it survives the weeks that are not perfect.

- ☐ Keep a caddy of the essentials in a central spot: a vacuum, a mop and bucket, microfiber cloths in a few colours and the cleaners for each room.
- ☐ Set a time limit for the bigger jobs: fifteen or twenty minutes on a room, guided by a timer.
- ☐ Pair cleaning with things already in the week: wipe the counters while the kettle boils, sweep the kitchen after dinner.
- ☐ Keep a copy of the schedule you can follow, on paper or in a note on your phone.
- ☐ When a week goes sideways, do the two rooms that matter most, the kitchen and the bathroom, and let the rest catch up next week.

Seasonal tuning for an Ottawa home

A weekly schedule that works in October needs a different balance in January.

- ☐ Winter: from late November to the spring melt, sweep or vacuum the entryway daily and wash the mats weekly.

- ☐ Spring: the weekend extras expand to cover the deep layer, such as washing the windows, cleaning the grout and pulling out the furniture for a proper floor clean.

- ☐ Summer: open windows mean more pollen and dust, so the vacuum earns its keep.

- ☐ Fall: leaves and the first frost return to the door, and a quick pass before winter sets in saves a much bigger clean in January.