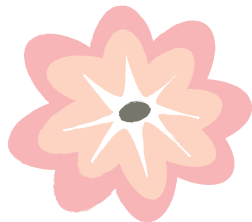


Daily
**Speed
Cleaning**
Checklist

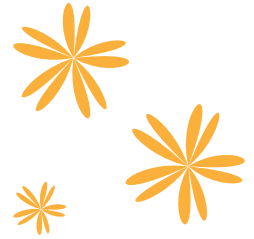
For The Work At
Home Mom

RetiredBy40blog.com



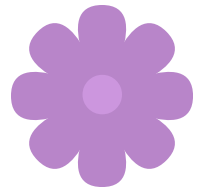
Monday

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Master Bedroom | <input type="checkbox"/> Dining Room |
| <input type="checkbox"/> Master Bathroom | <input type="checkbox"/> Kitchen |
| <input type="checkbox"/> Baby's Room | |
| <input type="checkbox"/> Guest Bathroom | |
| <input type="checkbox"/> Piano Room | |
| <input type="checkbox"/> Living Room | |



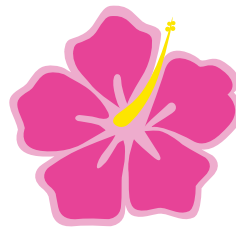
TUESDAY

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Master Bedroom | <input type="checkbox"/> Dining Room |
| <input type="checkbox"/> Master Bathroom | <input type="checkbox"/> Kitchen |
| <input type="checkbox"/> Baby's Room | |
| <input type="checkbox"/> Guest Bathroom | |
| <input type="checkbox"/> Piano Room | |
| <input type="checkbox"/> Living Room | |



Wednesday

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Master Bedroom | <input type="checkbox"/> Dining Room |
| <input type="checkbox"/> Master Bathroom | <input type="checkbox"/> Kitchen |
| <input type="checkbox"/> Baby's Room | |
| <input type="checkbox"/> Guest Bathroom | |
| <input type="checkbox"/> Piano Room | |
| <input type="checkbox"/> Living Room | |



Friday

- | |
|--|
| <input type="checkbox"/> Master Bedroom |
| <input type="checkbox"/> Master Bathroom |
| <input type="checkbox"/> Baby's Room |
| <input type="checkbox"/> Guest Bathroom |
| <input type="checkbox"/> Piano Room |
| <input type="checkbox"/> Living Room |
| <input type="checkbox"/> Dining Room |
| <input type="checkbox"/> Kitchen |



Thursday

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Master Bedroom | <input type="checkbox"/> Dining Room |
| <input type="checkbox"/> Master Bathroom | <input type="checkbox"/> Kitchen |
| <input type="checkbox"/> Baby's Room | |
| <input type="checkbox"/> Guest Bathroom | |
| <input type="checkbox"/> Piano Room | |
| <input type="checkbox"/> Living Room | |

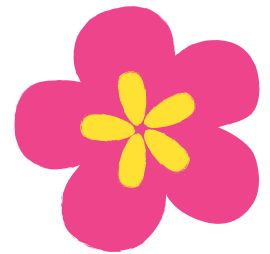


GENERAL GUIDELINES

- Start at the back of the house and work your way forward
- Make sure everything has a place - organization is key
- Designate a large basket or bucket for items that belong in other rooms
- Save the floors for last
- Clean the shower for a few minutes each time you shower
- Store your toilet brush in bleach and swap out the bleach each week or so

BEDROOMS

- Make the beds
- Pick up clothes, toys, dishes lying on the floor
- Tidy the nightstands and dresser
- Quickly dust headboard and flat surfaces
- Take the laundry hamper with you



BATHROOMS

- Squirt toilet bowl cleaner around the rim
- Spray disinfectant on the sink and wipe it down
- Spray and clean mirrors
- Grab trash and clothes off the of the floor
- Empty trash into the large trash bag (2x per week)
- Scrub the inside and outside of the toilet

LIVING ROOM/PIANO ROOM/DINING ROOM

- Place any items that don't belong in your bucket
- Organize all flat surfaces
- Dust Quickly
- Dining Room: Use a Damp Cloth to wipe down chairs
- Place trash in large trash bag



KITCHEN

- Place items that don't belong in your bucket
- Put dirty dishes in the dishwasher
- Organize counters
- Spray counters with disinfectant and wipe down
- Wipe down stovetop
- Wipe down cupboard fronts quickly

FLOORS

- Grab your stick vac or broom and start in the rear of the house cleaning the hard floors
- Vacuum rugs and carpeted rooms (2-3x per week)
- Clean doors & windows that need cleaning
- Mop floors 2x per week
- Do one last walk-through and put away items still in your bucket

Happy
Cleaning!

