

CLEANING CHECKLIST

Clean your home in 15 minutes a day!

Daily Habits

(do these first!)

- Make bed
- Do all dishes (sink and dishwasher)
- Follow the two-minute rule

NOTE: Start by setting a timer for 15 minutes. Clean until it goes off!

Minutes 0-5

- Pick up clutter in living room
- Pick up clutter in dining room
- Pick up clutter in kitchen

Minutes 6-8

- Wipe down counters in kitchen
- Wipe down stovetop
- Clean up any post-dinner clutter

Minutes 9-10

- Gather laundry from main rooms
- Gather laundry from bedrooms
- (Bonus!) Start a load of laundry

Minutes 11-13

(Pick one bathroom to clean)

- Pick up clutter in bathroom
- Wipe down counters in bathroom

Minutes 14-15

(Can choose rooms on a rotation)

- Vacuum living room
- Vacuum/sweep kitchen
- Vacuum hallways, etc.