WEEKLY CLEANING / 1 OF 2

A little each weekday

105 minutes planned / 5 days / 20 min/day target

MONDAY / 20 MIN

- [ ] Clean toilet and shower — 20 min

TUESDAY / 25 MIN

- [ ] Clean kitchen floor — 15 min
- [ ] Dust bedroom — 10 min

WEDNESDAY / 25 MIN

- [ ] Change bedding — 15 min
- [ ] Dust living room — 10 min

THURSDAY / 15 MIN

- [ ] Vacuum living room — 15 min

FRIDAY / 20 MIN

- [ ] Wipe counters and stovetop — 10 min
- [ ] Clean bathroom sink and mirror — 10 min

NOTES

If the plan feels busy, remove one nonessential task and try the lighter version for a week.

Time estimates are editable. Daily reset time is additional.

WEEKLY CLEANING / 2 OF 2

A little each weekday

105 minutes planned / 5 days / 20 min/day target

A LITTLE EVERY DAY / NOT INCLUDED IN WEEKLY MINUTES

- [ ] Clear one busy surface — Daily
- [ ] Return items to their places — Daily

NOTES

If the plan feels busy, remove one nonessential task and try the lighter version for a week.

Time estimates are editable. Daily reset time is additional.