

Cleaning by Time

Daily			
Room	Item	Details	Est. Time
Kitchen	Stove	Wipe Down – after each use	1 min.
Kitchen	Countertops	Wipe down	5 min.
Kitchen	Floor	Sweep	5 min.
Kitchen	Dishwasher	Wipe down – after each use	1 min.
Bathroom	Sink	Wipe Down	1 min.
Bathroom	Shower/Tub	Wipe down – after each use	5 min.
Social Areas	Entire Area	Tidy – This means pick stuff up and either put it away, or put it in a “tidy up” box to empty weekly	5-15 min.
Total Time spent:			23-38 min.

Weekly			
Room	Item	Details	Est. Time
Kitchen	Floor	Mop	5 min
Kitchen	Countertops	Deep Clean – by quarter section*	15 min
Kitchen	Cupboards	Wipe down outsides	5 min
Kitchen	Cupboards	Deep Clean – by quarter section*	30 min
Kitchen	Sink	Scour	5 min
Kitchen	Refrigerator (external)	Wipe down – external	2 min
Kitchen	Stove Vent/Hood	Wipe down	2 min
Kitchen	Walls	Wipe down	10 min
Kitchen	Microwave	Complete Clean	5 min
Total Kitchen Time:			1 hr. 20 min.
Bathroom	Toilet	Complete Clean	10 min
Bathroom	Sink/Countertops	Complete Clean	10 min
Bathroom	Floor	Sweep/Mop	10 min
Bathroom	Shower/Tub	Complete Clean	15 min
Bathroom	Mirrors	Clean with newspapers & windex	5 min
Bathroom	Walls	Sweep	5 min
Total Bathroom Time:			55 min.
Bedroom	Furniture	Dust and tidy	15-20 min
Bedroom	Bed	Change sheets	5 min
Total Bedroom Time:			20-25 min.
Social Areas	Furniture	Light cleaning – dust	15 min
Social Areas	Floors	Vacuum	20 min
Social Areas	Walls	Cobweb patrol	10 min
Total Social Area Time:			45 min.
Other	Stairs	Vacuum and Clean banisters	30 min
Other	Ceiling Fan	Dust – use the pillowcase method	15 min
Other	Tidy Box	Empty Tidy Box	
Total Other Time:			45 min.
TOTAL WEEKLY TIME			4 hours 10 min.

I recommend breaking up the weekly chores into several days. Do a little here and a little there.

Monthly			
Room	Item	Details	Est. Time
Kitchen	Refrigerator (internal)	Deep Clean – take everything out, clean shelves	30 min
Kitchen	Dishwasher	Run cleaning cycle or clean according to directions	5 min
Kitchen	Windows	Clean	15 min
			Total Kitchen Time: 50 min
Bathroom	Windows	Clean – newspaper and windex	10 min
			Total Bathroom Time: 10 min
Bedroom	Floor	Vacuum	15 min
Bedroom	Windows	Clean – newspaper and windex	30 min
Bedroom	Window Treatment	Clean	30 min
			Total Bedroom Time: 1 hour 15 min
Social Areas	All Areas	Power Clean Section*	1 hour
Social Areas	Windows	Clean – newspaper and windex	30 min
Social Areas	Window Treatments	Clean	30 min
			Total Social Area Time: 2 hours
			TOTAL MONTHLY TIME: 4 hours 15 min.

*Power Clean - Divide the room up into 6 sections. Tackle one section every month for a deep cleaning, organization and purge. Take everything down, clean furniture completely, put it all back up, cleaning as you do so.

Every Third Month			
Room	Item	Details	Est. Time
Kitchen	Stove (internal)	Clean – if needed, clean more often	10 min
Bedroom	Bed	Turn Mattress	5 min
Bathroom	Air Filter/Fan	Dust or vacuum	5 min
Bathroom	Light fixture	Dust or vacuum	5 min
Bathroom	Walls	Wipe down	15 min
			TOTAL CLEANING TIME: 40 min

Annually			
Room	Item	Details	Est. Time
Bathroom	Walls	Wipe Down	15 min
Bedroom	Walls	Wipe Down	20 min
Other			
			TOTAL ANNUAL CLEANING TIME: