

# The Daily 5 Cleaning List

*Each of these activities should take 5 minutes each. To have a spotless house at the end of the week, do all of the everyday activities and choose 5 from this list each day to complete.*

- Sweep one story of the house
- Quick mop (e.g. Swiffer WetJet) one story of the house
- Vacuum one story of the house
- Detail vacuum one room (floor, curtains, fixtures, crevices)
- Dust furniture and appliances in one room
- Dust blinds
- Wash windows on story
- Wipe baseboards
- Tidy one cabinet or drawer
- Change bed linens
- Wipe down surfaces (walls, doors, cabinets) in one room
- Wipe down kitchen appliances
- Clean microwave
- Clean refrigerator (discard leftovers and wipe down interior)
- Clean freezer (organize and wipe down interior)
- Organize and wipe out pantry
- Clean tub or shower
- Clean toilets
- Clean wastebaskets
- Wash mirrors
- Vacuum out the car
- Wipe down all surfaces in the car



## Everyday Activities.

- Make beds
- Wipe down bathroom counter
- Do dishes
- Wipe down stove and countertops
- Empty trash
- One load of laundry
- Tidy house

