

Kitchen			
Weekly		Monthly	
	Put away countertop clutter		Wipe out shelves in the fridge
	Wipe the countertops and cabinet doors		Wipe off top of fridge
	Clean appliance exteriors		Dust baseboards
	Clean and polish the sink		
	Sweep or vacuum the floor		
	Mop yourself out of the room		
	Launder linens		

Bathroom			
Weekly		Monthly	
	Wipe down mirror		Wipe down door
	Scrub the sink, faucets and tub/shower		Dust baseboards
	Clean bathroom fixtures		
	Wipe down toilet exterior		
	Disinfect toilet bowl		
	Sweep or vacuum the floor		
	Mop yourself out of the room		

Bedroom			
Weekly		Monthly	
	Change and launder linens		Dust end tables
	Pick up items on the floor		Dust baseboards
	Sweep or vacuum the floor		
	Mop yourself out of the room		

Livingroom			
Weekly		Monthly	
	Wipe down and rearrange coffee table		Dust baseboards and window ledges
	Dust furniture, shelves and picture frames		Windex windows
	Shake small rugs outside		Clean couches and chairs
	Sweep or vacuum the floor		
	Mop yourself out of the room		

Micellaneous			
Weekly		Monthly	
	Do laundry		Tidy up garage and shed
	Take out garbage, recycle and compost		
	Gardening (mow lawn, weed garden, etc.)		
	Clean up piles of mail		