

Weekly Household Chores Checklist

Kitchen

- ☐ Clean small & medium appliances
- ☐ Wipe down large appliances inside and out
- ☐ Clean out dishwasher filter
- ☐ Wipe down cabinets
- ☐ Clean counters and tables thoroughly
- ☐ Sweep & mop floor
- ☐ Disinfect cutting boards
- ☐ Clean sink
- ☐ Sharpen garbage disposal (w/ice)
- ☐ Clean drains (w/ baking soda and vinegar)
- ☐
- ☐

Bathroom

- ☐ Clean showers & bathtubs
- ☐ Soak fixtures in bleach if moldy
- ☐ Soak fixtures in vinegar if covered with mineral deposits
- ☐ Clean toilets
- ☐ Wipe down counters
- ☐ Clean sinks and soap dishes
- ☐ Sweep & mop floor
- ☐ Clean drains (w/ baking soda and vinegar)
- ☐ Polish all fixtures
- ☐
- ☐

Items to Dust / Polish / Wipe Down

(Use disinfectant on frequently touched items)

- ☐ Walls, ceiling, corners with cobwebs
- ☐ Furniture
- ☐ Electronics
- ☐ Light fixtures and shades
- ☐ Ceiling fans
- ☐ Inside windows, sills, shades, and blinds
- ☐ Knickknacks
- ☐ Picture frames
- ☐ Mirrors
- ☐
- ☐

Vacuum and Floors

- ☐ Deodorize carpets (baking soda)
- ☐ Vacuum all rugs and carpets
- ☐ Vacuum furniture (flip and rotate cushions)
- ☐ Sweep and/or dust all hard floors
- ☐ Mop / polish all hard floors
- ☐
- ☐

Bedroom

- ☐ Change sheets
- ☐ Spray mattress with deodorizer
- ☐
- ☐

Laundry

- ☐ Launder bath and kitchen linens
- ☐ Launder bed linens
- ☐ Launder clothes
- ☐ Launder pet items
- ☐ Wipe down washer and dryer
- ☐
- ☐

Trash

- ☐ Empty all waste baskets in the house
- ☐ Sort items for recycling
- ☐ Take trash out for pickup
- ☐
- ☐

Groceries and Cooking

- ☐ Make menus
- ☐ Make shopping lists
- ☐ Coupons and sales planning
- ☐ Grocery shopping
- ☐ Bake bread
- ☐ Soak dried foods to be used in this week's cooking
- ☐ Prepare batch foods
- ☐ Prepare frozen meals for the week
- ☐
- ☐