

Cleaning Checklist

Checklist · 32 items · 4 sections

A complete home cleaning checklist organized by frequency: daily, weekly, monthly, and seasonal. Tackle every room systematically so nothing gets missed. For a room-by-room split see the House Cleaning Checklist. Shorter routine versions: the Daily Cleaning Checklist and Weekly Cleaning Checklist. Going thorough once a quarter: the Deep Cleaning Checklist.

Open the editable version online:

<https://genechecklist.com/checklist/cleaning-checklist>

DAILY TASKS

- Make beds
HIGH
- Wash dishes / run dishwasher
HIGH
- Wipe kitchen counters
HIGH
- Sweep or Roomba kitchen and eating area floors
HIGH
- Take out trash if full
- Tidy common areas: return items to their place

WEEKLY TASKS

- Kitchen: clean stovetop and microwave interior
HIGH
- Kitchen: scrub sink
HIGH
- Kitchen: mop or wet-mop floor
HIGH
- Bathrooms: scrub toilet (inside and outside)
HIGH
- Bathrooms: clean sink and faucet
HIGH
- Bathrooms: scrub shower or tub
HIGH

- Bathrooms: wipe mirrors
- Vacuum all carpets and rugs
HIGH
- Mop hard floors throughout home
HIGH
- Dust surfaces: shelves, furniture, TV stand, nightstands
HIGH
- Change bed sheets and pillowcases
HIGH
- Wash laundry
HIGH
- Empty and clean small trash cans throughout home

MONTHLY TASKS

- Clean inside of microwave
HIGH
- Clean refrigerator: wipe shelves, toss expired food
HIGH
- Wipe down kitchen cabinet doors and drawer fronts
- Clean oven (self-clean cycle or manual scrub)
- Scrub grout in shower and around toilet
- Wash bath mats and shower curtain liner
- Dust ceiling fans and light fixtures
- Wipe baseboards and door frames

SEASONAL TASKS

- Clean windows and window sills inside
- Deep clean behind and under appliances (stove, fridge, washer/dryer)
- Clean out closets and donate items no longer needed
- Replace HVAC/furnace filter
HIGH
Every 1-3 months depending on filter type and pets/allergies
- Clean dryer vent duct (fire hazard if clogged)
HIGH