

YOUR GUIDE TO A CLEAN HOME



DAILY

- Wash dishes
- Wipe counters and tables
- Clean kitchen sink
- Clean bathroom sink



WEEKLY

- Declutter
- Dust
- Vacuum/sweep
- Change sheets and do laundry



TWICE MONTHLY

- Clean out pantry/fridge
- Wipe down laptop
- Clean Tub/showers
- Mop your floors
- TLC for your plants (real or fake)



MONTHLY

- Dust blinds
- Clean out vents
- Dust light fixtures
- Deep clean oven
- Deep clean fridge



EVERY SIX MONTHS

- Clean range hood
- Dust and wipe ceiling fans
- Clean windows and screens
- Wash pillows
- Clean out your closet

Adapt this guide as needed & remember that a little goes a long way. Even if you can't do it all, do what you can. It is okay to not be perfect. Prioritize what you need to do to be healthy and happy, and embrace your perfectly imperfect home!