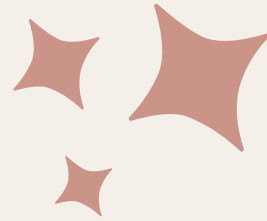


“The Dynamic Mom: Cleaning Checklist”

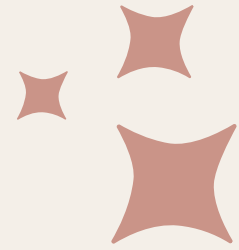
By Single Mama Elle



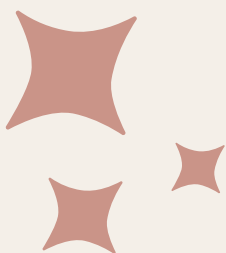
Use this simple checklist to help you know what to clean and when. It's broken down into daily, weekly, monthly, & yearly tasks. You can even add your own.

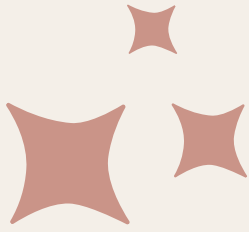
Note the * tasks are great jobs to delegate to your kids J OR check out the kid's chores ideas, in the free printable section of the Single Mama Way website.

Daily Tasks



- Wash dishes *
- Clean up spills when they happen
- Wipe down kitchen counters
- Sweep high traffic areas *
- Pick up things that are out of place *
- Take out the garbage (as needed)*
- Make the beds *
- Do a load of laundry (or have a dedicated laundry day)
- Straighten out surfaces *
- Organize mail, throw out junk mail
- _____
- _____
- _____

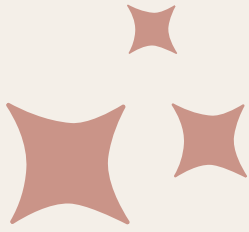




Weekly Tasks

- Dust *
- Clean bathrooms, don't forget the toothbrush holder.
- Do laundry (unless you choose to do a little each day)
- Put away laundry *
- Wash bedsheets
- Wash Towels and bathmats
- Spray plastic shower curtains with disinfectant
- Mop and vacuum
- Kitchen deep clean (including cleaning out old food from the refrigerator and wiping down the Microwave)
- Cut the grass
- _____
- _____
- _____



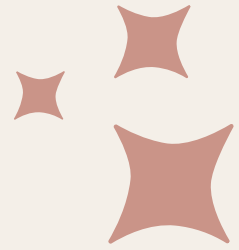


Monthly Tasks

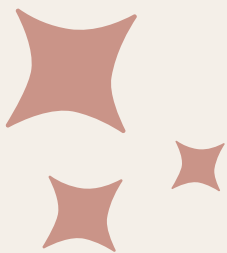
- Check smoke alarms
- Dust hard to reach places
- Knockdown cobwebs
- Organize kitchen cabinets
- Wash your bedding (like comforters and duvets)
- Wipe down inside and outside of the refrigerator
- Deep clean bathrooms (like scrub grout)
- Wipe down outdoor furniture
- Wash windows (as needed)
- Wash/cleanout car
- Clean Oven interior
- _____
- _____
- _____



Yearly or Seasonal Tasks



- Clean out closets (pass on clothes you don't wear, or kids have outgrown)
- Wash pillows and stuffed animals
- Vacuum mattresses and rotate
- Clear outside gutters
- Move furniture and clean under it
- Tidy/organise the shed
- Deep clean carpet & curtains/blinds
- Wipe down walls
- _____
- _____
- _____



"May your house be clean
enough to be healthy, & dirty
enough to be happy!"

-Single Mama Elle