

Daily Cleaning Checklist

A few daily habits can make a big difference.

Morning Routine

- Make the beds
- Open curtains or blinds for natural light
- Wipe bathroom sink and mirror after use
- Empty dishwasher or drying rack
- Wipe down kitchen counters after breakfast
- Put away items out of place

Afternoon / Midday

- Do a quick 5-minute clutter sweep
- Check and sort mail
- Wipe down high-touch surfaces (handles, switches, remotes)
- Clean as you cook during lunch or snack prep

Evening Routine

- Wash dishes or load the dishwasher
- Wipe down kitchen counters and stove
- Take out trash if full
- Put dirty laundry in hamper
- Tidy up living areas (fold blankets, fluff pillows)
- Quick vacuum or sweep high-traffic areas if needed

Everyday Extras (Rotate One Per Day)

- Spot-clean mirrors and glass
- Wipe down a few cabinet doors
- Water indoor plants
- Dust a single shelf or surface
- Declutter one drawer or countertop

Pro Tips

- Set a timer for 10–15 minutes and clean as much as you can—every bit helps.
- Pair cleaning with a podcast or music to make it more enjoyable.
- Teach kids or roommates to help with daily resets.