

Recurring house cleaning checklist: daily, weekly, every two weeks and monthly

Short answer: Keep a home clean by splitting the work by how fast it gets dirty: 10-15 minutes of daily resets (dishes, counters, a quick bathroom wipe), a weekly or every-two-weeks full clean of kitchen, bathrooms, dusting and floors, and a monthly detail pass on the things that build up slowly, like baseboards, fans, vents and the inside of the microwave and fridge. The printable schedule below lists each task once, at the interval it actually needs.

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Before you start

Pick a regular day for the full clean and keep it, so nothing slides for a second week.

Pick up clutter first; cleaning goes much faster on clear surfaces and floors.

Keep one caddy of supplies on each floor of the house.

Work top to bottom and dry to wet: dust before you vacuum, vacuum before you mop.

Supplies

All-purpose cleaner, Glass cleaner, Bathroom cleaner or disinfectant, Microfiber cloths, Toilet brush, Scrub sponge, Duster with an extension handle, Vacuum, Mop, Trash bags.

Every day (10-15 minutes)

- ☐ Wash dishes or run the dishwasher, and empty it
- ☐ Wipe kitchen counters, the stovetop and the table
- ☐ Quick wipe of bathroom sinks and counters
- ☐ Put things back where they belong in the main rooms
- ☐ Sort mail and paper as it comes in
- ☐ Sweep or spot-vacuum the kitchen and entry if needed

Every week or every two weeks: kitchen

- ☐ Clean the sink, faucet and backsplash
- ☐ Wipe the stovetop, appliance fronts and handles
- ☐ Clean the microwave inside and out

- ☐ Spot-clean cabinet fronts around handles
- ☐ Toss expired food and wipe fridge spills
- ☐ Empty trash and recycling and wipe the lids

Every week or every two weeks: bathrooms

- ☐ Clean and disinfect the toilet, inside and out
- ☐ Scrub the tub and shower
- ☐ Clean the sink, faucet, counter and mirror
- ☐ Wipe fixtures, towel bars and light switches
- ☐ Replace towels and bath mats
- ☐ Mop the floor

Every week or every two weeks: bedrooms and living areas

- ☐ Dust reachable surfaces, shelves, sills and ledges
- ☐ Wipe light switches and door handles
- ☐ Change bed linens and make the beds
- ☐ Vacuum carpets and rugs
- ☐ Vacuum and damp-mop hard floors
- ☐ Empty wastebaskets

Once a month

These build up slowly. A professional deep clean covers most of them.

- ☐ Wipe baseboards, door frames and doors
- ☐ Dust ceiling fans, vents, light fixtures and blinds
- ☐ Clean window sills and vacuum window tracks
- ☐ Wipe kitchen cabinet fronts fully
- ☐ Clean the inside of the fridge and toss old condiments
- ☐ Scrub shower grout and descale the showerhead
- ☐ Vacuum under furniture cushions and under beds
- ☐ Wash the dishwasher filter and the trash cans

Every season

- ☐ Clean the inside of the oven

- ☐ Wash inside windows and mirrors throughout
- ☐ Vacuum or wash curtains
- ☐ Wipe out kitchen cabinets and the pantry
- ☐ Replace the HVAC filter if it's due
- ☐ In Illinois winters, wash entry mats and wipe salt residue off hard floors near doors more often

Questions

How often should a house be cleaned?

Kitchens and bathrooms need a full clean every one to two weeks in most homes, with quick daily wipes in between. Dusting and floors follow the same rhythm. Baseboards, vents, fans and the inside of appliances can wait for a monthly or seasonal pass.

What does a cleaning service do on a recurring visit?

At Wrenly Home, each recurring visit covers the weekly / every-two-weeks rows above: kitchen counters, sink, stovetop, appliance fronts and microwave; bathrooms cleaned and disinfected; dusting of reachable surfaces; vacuuming and mopping; beds made; trash out. The first visit is a deep clean that also catches up the monthly list. See what's included.

Weekly or every two weeks?

Every two weeks suits most households. Weekly makes sense with young kids, several pets, allergies or a lot of foot traffic. See the price difference on our recurring cleaning page.

You may print, copy and share this checklist for free as long as you keep the Wrenly Home name on it. Please link to <https://wrenlyhome.com/recurring-cleaning-checklist/>.

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