

# Week Two



## *Monday*

Supplies: trash bag, spray cleaner, cleaning rag, toilet brush

Daily Task:

- do ONE load of laundry from start to finish

Daily Goal:

- Clean out under the sink.

Extra Tasks:

- clean the toilet inside and out
- clean the sink
- wipe down the sink cabinet.

## *Tuesday*

Supplies: 2 boxes or bags (trash and donations), broom, dust pan, mop, spray cleaner or mopping solution

Daily Task:

- do ONE load of laundry from start to finish
- spend 5 minutes or less cleaning up your mud room/entryway
- spend 5 minutes or less and take all the trash out

Daily Goal:

- Clean out the bathroom shelves/over-the-toilet storage

Extra Tasks:

- clean the bathroom walls, doors, door frames, and windows
- clean the baseboards
- sweep and mop

# Week Two



## *Wednesday*

Supplies: 2 boxes or bags (trash and donations), broom, dust pan, mop, spray cleaner, cleaning rag

Daily Task:

- do ONE load of laundry from start to finish
- spend 10 minutes or less cleaning an area that needs it most

Daily Goal:

- clean the linen closet

Extra Tasks:

- wipe down the walls inside the closet
- clean the floor inside the closet

## *Thursday*

Supplies: 2 boxes or bags (trash and donations), broom, dust pan, mop, spray cleaner, cleaning rag

Daily Task:

- do ONE load of laundry from start to finish
- spend 10 minutes or less and do your dishes, etc.

Daily Goal:

- Clean out the coat closet

Extra Tasks:

- Wipe down the walls inside the closet
- Clean the floor inside the closet

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## *Friday*

Supplies: spray cleaner, cleaning rag, broom, dust pan, mop

Daily Task:

- do ONE load of laundry from start to finish

Daily Goal:

- Clean the hallway

Extra Tasks:

- Clean your baseboards
- Clean the air vents and A/C closet door
- clean the floor

## *Saturday*

Supplies: 2 boxes or bags (trash and donations), broom, dust pan, mop, spray cleaner, cleaning rag

Daily Task:

- do ONE load of laundry from start to finish
- spend 20 minutes or less and wipe down all appliances in the home

Daily Goal:

- Clean out the supply closet

Extra Tasks:

- Wipe down the walls inside the closet
- Clean the floor inside the closet

# Week Two



## *Sunday*

Supplies: spray cleaner, cleaning rag

Daily Task:

- Wash all your curtains

Daily Goal:

- Clean the curtains, rods, and windows

Extra Tasks:

- Clean the outsides of the windows, including the screens