PLAY THIS LIFE

My weekly cleaning schedule

Example plan - change the chores and days to suit your home.

Week of: _____

Daily reset

Wash dishes or load the dishwasher
Wipe kitchen worktops
Put loose items back

☐ Done

Monday / Kitchen

Wipe the hob and cabinet handles
Check the fridge for food to use

☐ Done

Tuesday / Bathroom

Clean the sink and toilet
Wipe the mirror

☐ Done

Wednesday / Floors

Vacuum or sweep busy areas
Mop the floors that need it

☐ Done

Thursday / Bedroom

Change sheets if needed
Put away clothes

☐ Done

Friday / Living areas

Dust surfaces
Clear one cluttered spot

☐ Done

Saturday / Laundry & extras

Wash towels
Choose one less frequent job

☐ Done

Sunday / Catch up or rest

Finish one priority, or take the day off
Choose next week's essentials

☐ Done

Start small. Leave space for missed days. Review what worked after a week.

Choose cleaning intervals that fit your home and follow product care instructions.

Edit your next copy: playthislife.com/tools/cleaning-schedule-template

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My weekly cleaning schedule

Blank template - choose the jobs that fit your week.

Week of: _____

Daily reset

☐ Done

Monday / Kitchen

☐ Done

Tuesday / Bathroom

☐ Done

Wednesday / Floors

☐ Done

Thursday / Bedroom

☐ Done

Friday / Living areas

☐ Done

Saturday / Laundry & extras

☐ Done

Sunday / Catch up or rest

☐ Done

Start small. Leave space for missed days. Review what worked after a week.

Choose cleaning intervals that fit your home and follow product care instructions.

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