

Weekly Home Cleaning Checklist



A simple routine that keeps a home clean without losing your weekend. Work top to bottom, dry to wet, and back to front.

Kitchen

- ☐ Wipe counters, backsplash and cabinet fronts
- ☐ Clean the sink and faucet; run the disposal with ice
- ☐ Wipe the stovetop, microwave inside and out, and appliance fronts
- ☐ Toss expired food; wipe fridge shelves as needed
- ☐ Empty trash and recycling; wipe the can
- ☐ Sweep and mop the floor

Bathrooms

- ☐ Clean the toilet: bowl, seat, base and behind
- ☐ Scrub the tub and shower; squeegee glass
- ☐ Clean the sink, faucet and counter
- ☐ Wipe mirrors streak-free
- ☐ Replace towels and bath mats
- ☐ Sweep and mop the floor

Bedrooms

- ☐ Change sheets and pillowcases
- ☐ Dust nightstands, dressers and lamps
- ☐ Put away clothes and clear surfaces
- ☐ Vacuum, including under the edge of the bed

Living areas

- ☐ Dust shelves, TV stand, frames and décor
- ☐ Wipe light switches, door handles and remotes
- ☐ Fluff and vacuum cushions
- ☐ Vacuum rugs and floors; spot-clean marks

Every few weeks

- ☐ Baseboards and door frames
- ☐ Ceiling fans and vents
- ☐ Inside the microwave and oven
- ☐ Wash pillows and throws

☐ Wipe window sills and tracks

Rather have it done for you? VantageClean handles recurring, deep, and move-in/move-out cleaning across the Treasure Valley. [Request a cleaning](#) or call 208-247-6047.