



Daily Cleaning Checklist

Kitchen

- ☐ If you're fixing a meal, use the time while the oil heats up to wipe down the countertop
- ☐ As you open the refrigerator to pull out ingredients, do a sniff check and discard anything that is smelly immediately
- ☐ Once ingredients are chopped and in the pan, wipe that refrigerator shelf
- ☐ After meals, address dishes immediately, either by loading them in the dishwasher or washing them. Don't start your day with a pile of dirty dishes
- ☐ If you have meals to pack for school, do it before bed so you can avoid the rush in the morning
- ☐ Wipe down countertops and sweep the floor before bed. If the trash is full, empty it

Living room

- ☐ Prevent mess by limiting snacks and drinks
- ☐ Prevent clutter in the living room by setting a limit of one item each per family member
- ☐ Use microfiber cloth tools to dust
- ☐ Vacuum furniture and carpets weekly

Bedroom

- ☐ If you have a washer/dryer, designate two laundry days each week to help you stay on top of linens
- ☐ Dust with a microfiber cloth if you see standing dust
- ☐ As you vacuum bedrooms, vacuum your bathroom vent fan cover as well
- ☐ Designate spaces for charging e-readers and storing books
- ☐ If closets are bursting at the seams, donate

Kids' room

- ☐ Create a floor clearing habit among your children; you don't have to be the only one with a daily house cleaning schedule
- ☐ Tidy rooms, including pet cages and aquariums, before kids' bath time
- ☐ Keep disinfecting wipes at hand for shelves, door knobs and light switch plates

Bathroom

- Wash rugs as soon as you wash towels. Moisture creates odor
- Disinfect solid surfaces daily with disposable wipes
- Squeegee shower walls and glass shower doors after you bathe; putting this on your daily chores list will lessen the risk of calcium build-up
- Keep white vinegar in a spray bottle and spray around the base of the toilet if you're potty training a little boy. You can leave it to dry or wipe it away with a disinfecting wipe

Dining room

- Protect your dining room table from clutter by designating locations for items that get dumped on the table
- Use vinyl table cloths to protect the surface of your dining room table if it's formal or antique.
- Vacuum your dining room chair seats
- Sweep or vacuum under the table at least once a day; these everyday cleaning services can protect your pets and lower the risk of pests

Miscellaneous

- Sweep entrances
- Empty wastebaskets and remove trash
- Check home security system
- Declutter common areas



513-960-4366



**311 Vine Steet,
Cincinnati, OH 45202**

Got questions? Contact us and see how we can help: maidthis.com/cincinnati