CHECKLISTS

Speed Cleaning Checklist

Work at your own pace. Tick off what you finish and leave the rest for another session.

Date: _____ | 25 tasks

Use a product suited to the surface and follow its label. Never mix cleaning products. Keep them away from children and pets.

01 / Kitchen

- [ ] Clear & wipe down the countertops
- [ ] Wash dishes or load the dishwasher
- [ ] Wipe down appliances fronts
- [ ] Clean the sink
- [ ] Change the towel
- [ ] Empty the trash

02 / Bathroom

- [ ] Scrub the toilet bowl
- [ ] Wipe down the toilet handle and seat
- [ ] Clean the sink and countertop
- [ ] Wipe down mirrors
- [ ] Change towels
- [ ] Refill any toiletries or paper products

03 / Bedroom

- [ ] Make the bed
- [ ] Put all dirty clothes into the hamper
- [ ] Pick up any obvious debris from the floor
- [ ] Fluff and arrange pillows
- [ ] Throw away trash

04 / Living Room

- [ ] Tidy up any clutter

- [ ] Fold throw blankets
- [ ] Fluff and arrange pillows
- [ ] Take dishes to the kitchen
- [ ] Wipe down tops of tables

05 / Throughout the House

- [ ] Pick up any clutter and put it away in its proper place
- [ ] Dust surfaces
- [ ] Sweep and vacuum floors

Notes & next steps

Continue in the Tidy app

cleaning-schedule.app/en/#download