CHECKLISTS

Weekly Kitchen Cleaning

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 / Pick Up What Does Not Belong

- [ ] Dispose of trash in the trash can
- [ ] Collect items that belong elsewhere and place them in the bag

02 / Tackle the Sink

- [ ] Empty and load dishes into the dishwasher
- [ ] Scrub the sink with cleaner, then rinse thoroughly
- [ ] Buff spots off the faucets

03 / Wipe Down Surfaces with Cleaner

- [ ] Cupboard doors and handles
- [ ] Drawer fronts and handles
- [ ] Backsplash
- [ ] Small appliances
- [ ] Range hood and stovetop
- [ ] Oven door
- [ ] Appliance fronts
- [ ] Light switches, door knobs, and phone

04 / Clean the Microwave

- [ ] Wipe the cooled microwave interior following its care instructions
- [ ] Wash the turntable, if present
- [ ] Wipe all surfaces

05 / Rummage Through the Fridge

- [ ] Discard spoiled food
- [ ] Clean spills and spots
- [ ] Replace drawer liners

06 / Clean the Trash Can

- [ ] Fill with hot water and cleaner, scrub and rinse
- [ ] Let it dry in the sun

07 / Clean the Floor

- [ ] Sweep
- [ ] Mop

08 / Finish Up

- [ ] Replace the trash bag and return the can to its place
- [ ] Set out a fresh kitchen towel

Notes & next steps

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