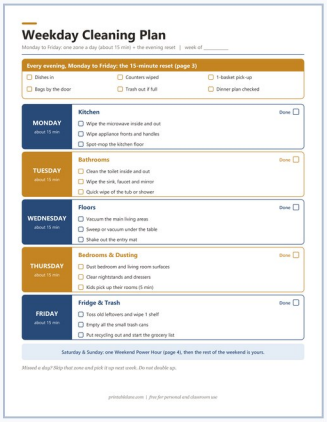
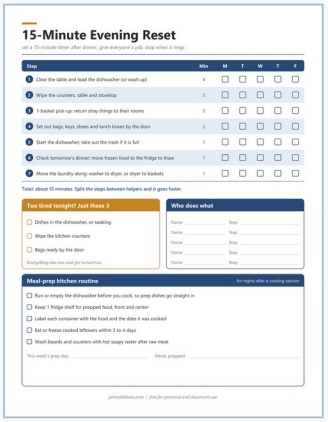
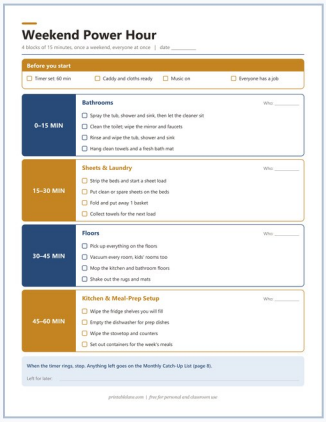
FREE PRINTABLE

Cleaning Schedule for Working Parents

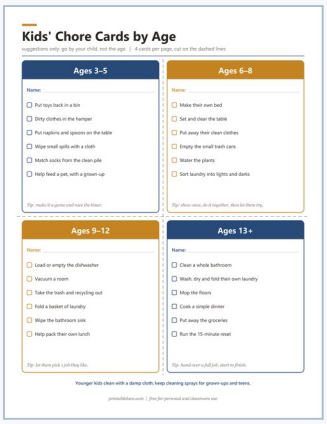
8 printable pages | weekday plan, evening reset, chore chart & more

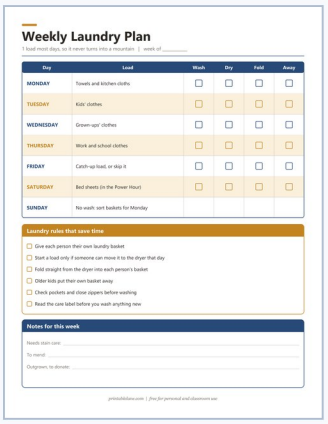


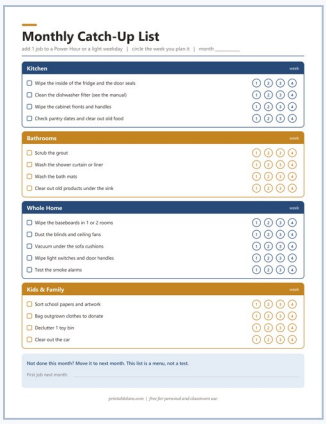


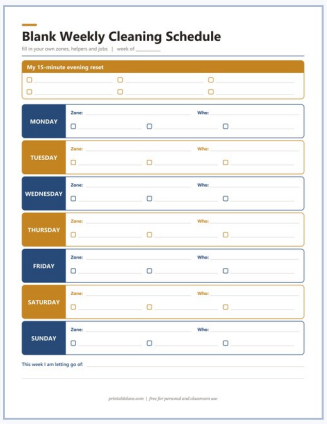












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Weekday Cleaning Plan

Monday to Friday: one zone a day (about 15 min) + the evening reset | week of _____

Every evening, Monday to Friday: the 15-minute reset (page 3)

- [ ] Dishes in
- [ ] Counters wiped
- [ ] 1-basket pick-up
- [ ] Bags by the door
- [ ] Trash out if full
- [ ] Dinner plan checked

MONDAY
about 15 min

Kitchen

Done [ ]

- [ ] Wipe the microwave inside and out
- [ ] Wipe appliance fronts and handles
- [ ] Spot-mop the kitchen floor

TUESDAY
about 15 min

Bathrooms

Done [ ]

- [ ] Clean the toilet inside and out
- [ ] Wipe the sink, faucet and mirror
- [ ] Quick wipe of the tub or shower

WEDNESDAY
about 15 min

Floors

Done [ ]

- [ ] Vacuum the main living areas
- [ ] Sweep or vacuum under the table
- [ ] Shake out the entry mat

THURSDAY
about 15 min

Bedrooms & Dusting

Done [ ]

- [ ] Dust bedroom and living room surfaces
- [ ] Clear nightstands and dressers
- [ ] Kids pick up their rooms (5 min)

FRIDAY
about 15 min

Fridge & Trash

Done [ ]

- [ ] Toss old leftovers and wipe 1 shelf
- [ ] Empty all the small trash cans
- [ ] Put recycling out and start the grocery list

Saturday & Sunday: one Weekend Power Hour (page 4), then the rest of the weekend is yours.

Missed a day? Skip that zone and pick it up next week. Do not double up.

15-Minute Evening Reset

set a 15-minute timer after dinner, give everyone a job, stop when it rings

Step	Min	M	T	W	T	F
1 Clear the table and load the dishwasher (or wash up)	4	☐	☐	☐	☐	☐
2 Wipe the counters, table and stovetop	3	☐	☐	☐	☐	☐
3 1-basket pick-up: return stray things to their rooms	3	☐	☐	☐	☐	☐
4 Set out bags, keys, shoes and lunch boxes by the door	2	☐	☐	☐	☐	☐
5 Start the dishwasher; take out the trash if it is full	1	☐	☐	☐	☐	☐
6 Check tomorrow's dinner; move frozen food to the fridge to thaw	1	☐	☐	☐	☐	☐
7 Move the laundry along: washer to dryer, or dryer to baskets	1	☐	☐	☐	☐	☐

Total: about 15 minutes. Split the steps between helpers and it goes faster.

Too tired tonight? Just these 3

- ☐ Dishes in the dishwasher, or soaking
- ☐ Wipe the kitchen counters
- ☐ Bags ready by the door

Everything else can wait for tomorrow.

Who does what

Name _____ Step _____

Name _____ Step _____

Name _____ Step _____

Name _____ Step _____

Name _____ Step _____

Meal-prep kitchen routine

for nights after a cooking session

- ☐ Run or empty the dishwasher before you cook, so prep dishes go straight in
- ☐ Keep 1 fridge shelf for prepped food, front and center
- ☐ Label each container with the food and the date it was cooked
- ☐ Eat or freeze cooked leftovers within 3 to 4 days
- ☐ Wash boards and counters with hot soapy water after raw meat

This week's prep day: _____ Meals prepped: _____

Weekend Power Hour

4 blocks of 15 minutes, once a weekend, everyone at once | date _____

Before you start

- [ ] Timer set: 60 min
- [ ] Caddy and cloths ready
- [ ] Music on
- [ ] Everyone has a job

0–15 MIN

Bathrooms

Who: _____

- [ ] Spray the tub, shower and sink, then let the cleaner sit
- [ ] Clean the toilet; wipe the mirror and faucets
- [ ] Rinse and wipe the tub, shower and sink
- [ ] Hang clean towels and a fresh bath mat

15–30 MIN

Sheets & Laundry

Who: _____

- [ ] Strip the beds and start a sheet load
- [ ] Put clean or spare sheets on the beds
- [ ] Fold and put away 1 basket
- [ ] Collect towels for the next load

30–45 MIN

Floors

Who: _____

- [ ] Pick up everything on the floors
- [ ] Vacuum every room, kids' rooms too
- [ ] Mop the kitchen and bathroom floors
- [ ] Shake out the rugs and mats

45–60 MIN

Kitchen & Meal-Prep Setup

Who: _____

- [ ] Wipe the fridge shelves you will fill
- [ ] Empty the dishwasher for prep dishes
- [ ] Wipe the stovetop and counters
- [ ] Set out containers for the week's meals

When the timer rings, stop. Anything left goes on the Monthly Catch-Up List (page 8).

Left for later: _____

Family Chore Chart with Names

write a name at the top of each column, then tick or write the day the job is done | week of _____

Chore	How often	Name	Name	Name	Name	Name
Empty the dishwasher	daily					
Set the table	daily					
Clear the table	daily					
Feed the pet	daily					
Tidy own room	daily					
Dirty clothes in the hamper	daily					
Trash and recycling out	2x a week					
Wipe the bathroom sink	2x a week					
Fold and put away laundry	weekly					
Vacuum 1 room	weekly					
Water the plants	weekly					

Swap jobs every _____ weeks, so nobody is stuck with the same one.

This week's thank-you or treat: _____

Grown-ups get a column too: kids copy what they see.

Kids' Chore Cards by Age

suggestions only: go by your child, not the age | 4 cards per page, cut on the dashed lines

Ages 3–5

Name: _____

- [ ] Put toys back in a bin
- [ ] Dirty clothes in the hamper
- [ ] Put napkins and spoons on the table
- [ ] Wipe small spills with a cloth
- [ ] Match socks from the clean pile
- [ ] Help feed a pet, with a grown-up

Tip: make it a game and race the timer.

Ages 6–8

Name: _____

- [ ] Make their own bed
- [ ] Set and clear the table
- [ ] Put away their clean clothes
- [ ] Empty the small trash cans
- [ ] Water the plants
- [ ] Sort laundry into lights and darks

Tip: show once, do it together, then let them try.

Ages 9–12

Name: _____

- [ ] Load or empty the dishwasher
- [ ] Vacuum a room
- [ ] Take the trash and recycling out
- [ ] Fold a basket of laundry
- [ ] Wipe the bathroom sink
- [ ] Help pack their own lunch

Tip: let them pick 1 job they like.

Ages 13+

Name: _____

- [ ] Clean a whole bathroom
- [ ] Wash, dry and fold their own laundry
- [ ] Mop the floors
- [ ] Cook a simple dinner
- [ ] Put away the groceries
- [ ] Run the 15-minute reset

Tip: hand over a full job, start to finish.

Younger kids clean with a damp cloth; keep cleaning sprays for grown-ups and teens.

Weekly Laundry Plan

1 load most days, so it never turns into a mountain | week of _____

Day	Load	Wash	Dry	Fold	Away
MONDAY	Towels and kitchen cloths	☐	☐	☐	☐
TUESDAY	Kids' clothes	☐	☐	☐	☐
WEDNESDAY	Grown-ups' clothes	☐	☐	☐	☐
THURSDAY	Work and school clothes	☐	☐	☐	☐
FRIDAY	Catch-up load, or skip it	☐	☐	☐	☐
SATURDAY	Bed sheets (in the Power Hour)	☐	☐	☐	☐
SUNDAY	No wash: sort baskets for Monday				

Laundry rules that save time

- ☐ Give each person their own laundry basket
- ☐ Start a load only if someone can move it to the dryer that day
- ☐ Fold straight from the dryer into each person's basket
- ☐ Older kids put their own basket away
- ☐ Check pockets and close zippers before washing
- ☐ Read the care label before you wash anything new

Notes for this week

Needs stain care: _____

To mend: _____

Outgrown, to donate: _____

Monthly Catch-Up List

add 1 job to a Power Hour or a light weekday | circle the week you plan it | month _____

Kitchen

week

- [ ] Wipe the inside of the fridge and the door seals — 1 2 3 4
- [ ] Clean the dishwasher filter (see the manual) — 1 2 3 4
- [ ] Wipe the cabinet fronts and handles — 1 2 3 4
- [ ] Check pantry dates and clear out old food — 1 2 3 4

Bathrooms

week

- [ ] Scrub the grout — 1 2 3 4
- [ ] Wash the shower curtain or liner — 1 2 3 4
- [ ] Wash the bath mats — 1 2 3 4
- [ ] Clear out old products under the sink — 1 2 3 4

Whole Home

week

- [ ] Wipe the baseboards in 1 or 2 rooms — 1 2 3 4
- [ ] Dust the blinds and ceiling fans — 1 2 3 4
- [ ] Vacuum under the sofa cushions — 1 2 3 4
- [ ] Wipe light switches and door handles — 1 2 3 4
- [ ] Test the smoke alarms — 1 2 3 4

Kids & Family

week

- [ ] Sort school papers and artwork — 1 2 3 4
- [ ] Bag outgrown clothes to donate — 1 2 3 4
- [ ] Declutter 1 toy bin — 1 2 3 4
- [ ] Clear out the car — 1 2 3 4

Not done this month? Move it to next month. This list is a menu, not a test.

First job next month: _____

Blank Weekly Cleaning Schedule

fill in your own zones, helpers and jobs | week of _____

My 15-minute evening reset

- ☐ _____ ☐ _____ ☐ _____
- ☐ _____ ☐ _____ ☐ _____

MONDAY

Zone: _____ **Who:** _____

☐ _____ ☐ _____ ☐ _____

TUESDAY

Zone: _____ **Who:** _____

☐ _____ ☐ _____ ☐ _____

WEDNESDAY

Zone: _____ **Who:** _____

☐ _____ ☐ _____ ☐ _____

THURSDAY

Zone: _____ **Who:** _____

☐ _____ ☐ _____ ☐ _____

FRIDAY

Zone: _____ **Who:** _____

☐ _____ ☐ _____ ☐ _____

SATURDAY

Zone: _____ **Who:** _____

☐ _____ ☐ _____ ☐ _____

SUNDAY

Zone: _____ **Who:** _____

☐ _____ ☐ _____ ☐ _____

This week I am letting go of: _____