Monthly CLEANING CHECKLIST

EVERY DAY, EVERY WEEK, EVERY MONTH

EVERY DAY

- Dishes
- Counters
- One load of laundry
- Five minutes on the floors

Plus one 10-minute block: clear the surfaces, today's job, one must-do, set up tomorrow.

EVERY WEEK

- Monday: floors
- Tuesday: bathrooms, quick
- Wednesday: laundry fold
- Thursday: fridge and bins
- Friday: surfaces and mirrors
- Saturday: zone work
- Sunday: the Weekly Reset

EVERY MONTH: ONE ZONE A WEEK

Five zones, one a week, so each one comes around about once a month.

1 KITCHEN

- [ ] Wipe the fridge top and cabinet tops
- [ ] Clean the microwave, inside and out
- [ ] Wipe the range hood; dust the light
- [ ] Wipe the lower cabinets and oven door

EACH TURN ○○○○○○○○○○

2 BATHROOMS

- [ ] Dust the light and the fan cover
- [ ] Scrub the shower walls, then the tub
- [ ] Wipe the cabinet below the sink
- [ ] Wash the floor, behind the toilet first

EACH TURN ○○○○○○○○○○

3 BEDROOMS

- [ ] Dust the light, shelves and sills
- [ ] Wipe the nightstands and dresser
- [ ] Clean the mirror; wipe the switches
- [ ] Vacuum under the bed

EACH TURN ○○○○○○○○○○

4 LIVING AND ENTRY

- [ ] Dust the ceiling fan, lights and frames
- [ ] Vacuum the couch and under the cushions
- [ ] Wipe the hall table and front door
- [ ] Line up the shoes; hang up the coats

EACH TURN ○○○○○○○○○○

5 LAUNDRY, STORAGE AND OUTDOORS

- [ ] Wipe the washer and dryer tops
- [ ] Wash the lint filter (clear it every load)
- [ ] Dust the closet shelves
- [ ] Sweep the porch and the steps

EACH TURN ○○○○○○○○○○

EVERY MONTH, ANY ROOM

	J	F	M	A	M	J	J	A	S	O	N	D
Test the smoke alarms	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Check the air filter Change it at least once a season, sooner if it looks dirty.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HOW TO USE

Run the daily and weekly lists as they are. On zone day, do that week's zone box and fill one circle. At each month's first Reset, test the alarms and check the filter. Use each cleaner as its label says; never mix two products.

NOTES

Missed a week? Leave it blank.

ORDERLY WEEK

orderlyweek.com

© 2026 Orderly Week. Home use only.

Monthly CLEANING CHECKLIST

A YEAR AT A GLANCE: TICK EACH JOB IN ITS MONTH

EVERY WEEK Monday: floors · Tuesday: bathrooms, quick · Wednesday: laundry fold · Thursday: fridge and bins · Friday: surfaces and mirrors · Saturday: zone work · Sunday: the Weekly Reset

EVERY MONTH: ONE ZONE A WEEK

Tick the month's square when the job is done

	J	F	M	A	M	J	J	A	S	O	N	D
1 Kitchen · Wipe the fridge top and cabinet tops	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean the microwave, inside and out	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the range hood; dust the light	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the lower cabinets and oven door	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2 Bathrooms · Dust the light and the fan cover	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Scrub the shower walls, then the tub	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the cabinet below the sink	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash the floor, behind the toilet first	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3 Bedrooms · Dust the light, shelves and sills	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the nightstands and dresser	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean the mirror; wipe the switches	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vacuum under the bed	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4 Living and entry · Dust the ceiling fan, lights and frames	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vacuum the couch and under the cushions	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the hall table and front door	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Line up the shoes; hang up the coats	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

	J	F	M	A	M	J	J	A	S	O	N	D
5 Laundry, storage and outdoors · Wipe the washer and dryer tops	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash the lint filter (clear it every load)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Dust the closet shelves	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sweep the porch and the steps	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Every month, any room · Test the smoke alarms	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Check the air filter Change it at least once a season, sooner if it looks dirty.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

◆ HOW TO USE

Run the weekly list as it is. On zone day, do that week's zone and tick each job's square for the month. At each month's first Reset, test the alarms and check the filter. Use each cleaner as its label says; never mix two products.

Missed a week? Leave it blank.

ORDERLY WEEK

orderlyweek.com

© 2026 Orderly Week. Home use only.

Monthly

CLEANING CHECKLIST

Every month: one zone a week

Missed a week? Leave it blank.

1 Kitchen



EACH TURN ○○○○○○○○○○

- [ ] Wipe the fridge top and cabinet tops
- [ ] Wipe the range hood; dust the light
- [ ] Clean the microwave, inside and out
- [ ] Wipe the lower cabinets and oven door

2 Bathrooms



EACH TURN ○○○○○○○○○○

- [ ] Dust the light and the fan cover
- [ ] Wipe the cabinet below the sink
- [ ] Scrub the shower walls, then the tub
- [ ] Wash the floor, behind the toilet first

3 Bedrooms



EACH TURN ○○○○○○○○○○

- [ ] Dust the light, shelves and sills
- [ ] Clean the mirror; wipe the switches
- [ ] Wipe the nightstands and dresser
- [ ] Vacuum under the bed

4 Living and entry



EACH TURN ○○○○○○○○○○

- [ ] Dust the ceiling fan, lights and frames
- [ ] Wipe the hall table and front door
- [ ] Vacuum the couch and under the cushions
- [ ] Line up the shoes; hang up the coats

5 Laundry, storage and outdoors



EACH TURN ○○○○○○○○○○

- [ ] Wipe the washer and dryer tops
- [ ] Dust the closet shelves
- [ ] Wash the lint filter (clear it every load)
- [ ] Sweep the porch and the steps

EVERY DAY

- Dishes
- Counters
- One load of laundry
- Five minutes on the floors

EVERY WEEK

- Monday: floors
- Tuesday: bathrooms, quick
- Wednesday: laundry fold
- Thursday: fridge and bins
- Friday: surfaces and mirrors
- Saturday: zone work
- Sunday: the Weekly Reset

EVERY MONTH, ANY ROOM

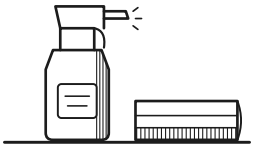
- [ ] Test the smoke alarms
- [ ] Check the air filter

Change it at least once a season, sooner if it looks dirty.

HOW TO USE

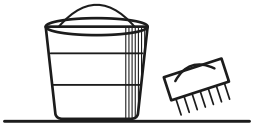
Run the daily and weekly lists as they are. On zone day, do that week's zone box and fill one circle. At each month's first Reset, test the alarms and check the filter. Use each cleaner as its label says; never mix two products.

© 2026 Orderly Week. Home use only.



MONTHLY

CLEANING CHECKLIST



For a Busy Household

EVERY WEEK Monday: floors · Tuesday: bathrooms, quick · Wednesday: laundry fold · Thursday: fridge and bins · Friday: surfaces and mirrors · Saturday: zone work · Sunday: the Weekly Reset

EVERY MONTH: ONE ZONE A WEEK *Tick the month's square when the job is done*

	J	F	M	A	M	J	J	A	S	O	N	D
1 Kitchen · Wipe the fridge top and cabinet tops	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean the microwave, inside and out	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the range hood; dust the light	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the lower cabinets and oven door	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2 Bathrooms · Dust the light and the fan cover	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Scrub the shower walls, then the tub	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the cabinet below the sink	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash the floor, behind the toilet first	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3 Bedrooms · Dust the light, shelves and sills	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the nightstands and dresser	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean the mirror; wipe the switches	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vacuum under the bed	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4 Living and entry · Dust the ceiling fan, lights and frames	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vacuum the couch and under the cushions	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the hall table and front door	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Line up the shoes; hang up the coats	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

	J	F	M	A	M	J	J	A	S	O	N	D
5 Laundry, storage and outdoors · Wipe the washer and dryer tops	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash the lint filter (clear it every load)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Dust the closet shelves	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sweep the porch and the steps	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Every month, any room · Test the smoke alarms	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Check the air filter Change it at least once a season, sooner if it looks dirty.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HOW TO USE Run the weekly list as it is. On zone day, do that week's zone and tick each job's square for the month. At each month's first Reset, test the alarms and check the filter. Use each cleaner as its label says; never mix two products.

Missed a week? Leave it blank.

ORDERLY WEEK

orderlyweek.com

© 2026 Orderly Week. Home use only.

EVERY DAY, EVERY WEEK, EVERY MONTH

MONTHLY CLEANING *Checklist*

EVERY DAY

- Dishes
- Counters
- One load of laundry
- Five minutes on the floors

Plus one 10-minute block: clear the surfaces, today's job, one must-do, set up tomorrow.

EVERY WEEK

- Monday: floors
- Tuesday: bathrooms, quick
- Wednesday: laundry fold
- Thursday: fridge and bins
- Friday: surfaces and mirrors
- Saturday: zone work
- Sunday: the Weekly Reset

EVERY MONTH: ONE ZONE A WEEK

Five zones, one a week, so each one comes around about once a month.



1 KITCHEN

- [ ] Wipe the fridge top and cabinet tops
- [ ] Clean the microwave, inside and out
- [ ] Wipe the range hood; dust the light
- [ ] Wipe the lower cabinets and oven door

EACH TURN ○ ○ ○ ○ ○ ○ ○ ○ ○ ○



2 BATHROOMS

- [ ] Dust the light and the fan cover
- [ ] Scrub the shower walls, then the tub
- [ ] Wipe the cabinet below the sink
- [ ] Wash the floor, behind the toilet first

EACH TURN ○ ○ ○ ○ ○ ○ ○ ○ ○ ○



3 BEDROOMS

- [ ] Dust the light, shelves and sills
- [ ] Wipe the nightstands and dresser
- [ ] Clean the mirror; wipe the switches
- [ ] Vacuum under the bed

EACH TURN ○ ○ ○ ○ ○ ○ ○ ○ ○ ○



4 LIVING AND ENTRY

- [ ] Dust the ceiling fan, lights and frames
- [ ] Vacuum the couch and under the cushions
- [ ] Wipe the hall table and front door
- [ ] Line up the shoes; hang up the coats

EACH TURN ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

5 LAUNDRY, STORAGE AND OUTDOORS

- [ ] Wipe the washer and dryer tops
- [ ] Wash the lint filter (clear it every load)
- [ ] Dust the closet shelves
- [ ] Sweep the porch and the steps

EACH TURN ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

EVERY MONTH, ANY ROOM

	J	F	M	A	M	J	J	A	S	O	N	D
Test the smoke alarms	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Check the air filter Change it at least once a season, sooner if it looks dirty.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

◆ HOW TO USE

Run the daily and weekly lists as they are. On zone day, do that week's zone box and fill one circle. At each month's first Reset, test the alarms and check the filter. Use each cleaner as its label says; never mix two products.

NOTES

Missed a week? Leave it blank.

ORDERLY WEEK

orderlyweek.com

© 2026 Orderly Week. Home use only.

MONTHLY CLEANING *Checklist*

A Whole Year, Month by Month

EVERY WEEK — Monday: floors · Tuesday: bathrooms, quick · Wednesday: laundry fold · Thursday: fridge and bins · Friday: surfaces and mirrors · Saturday: zone work · Sunday: the Weekly Reset

EVERY MONTH: ONE ZONE A WEEK

Tick the month's square when the job is done

	J	F	M	A	M	J	J	A	S	O	N	D
1 Kitchen · Wipe the fridge top and cabinet tops	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean the microwave, inside and out	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the range hood; dust the light	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the lower cabinets and oven door	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2 Bathrooms · Dust the light and the fan cover	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Scrub the shower walls, then the tub	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the cabinet below the sink	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash the floor, behind the toilet first	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3 Bedrooms · Dust the light, shelves and sills	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the nightstands and dresser	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean the mirror; wipe the switches	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vacuum under the bed	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4 Living and entry · Dust the ceiling fan, lights and frames	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vacuum the couch and under the cushions	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the hall table and front door	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Line up the shoes; hang up the coats	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

	J	F	M	A	M	J	J	A	S	O	N	D
5 Laundry, storage and outdoors · Wipe the washer and dryer tops	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash the lint filter (clear it every load)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Dust the closet shelves	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sweep the porch and the steps	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Every month, any room · Test the smoke alarms	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Check the air filter Change it at least once a season, sooner if it looks dirty.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HOW TO USE

Run the weekly list as it is. On zone day, do that week's zone and tick each job's square for the month. At each month's first Reset, test the alarms and check the filter. Use each cleaner as its label says; never mix two products.

Missed a week? Leave it blank.

ORDERLY WEEK

orderlyweek.com

© 2026 Orderly Week. Home use only.

A YEAR AT A GLANCE: TICK EACH JOB IN ITS MONTH

MONTHLY *Cleaning Checklist*

EVERY WEEK Monday: floors · Tuesday: bathrooms, quick · Wednesday: laundry fold · Thursday: fridge and bins · Friday: surfaces and mirrors · Saturday: zone work · Sunday: the Weekly Reset

KITCHEN

- Wipe the fridge top and cabinet tops — ☐ J F M A M J J A S O N D
- Clean the microwave, inside and out — ☐ J F M A M J J A S O N D
- Wipe the range hood; dust the light — ☐ J F M A M J J A S O N D
- Wipe the lower cabinets and oven door — ☐ J F M A M J J A S O N D

BATHROOMS

- Dust the light and the fan cover — ☐ J F M A M J J A S O N D
- Scrub the shower walls, then the tub — ☐ J F M A M J J A S O N D
- Wipe the cabinet below the sink — ☐ J F M A M J J A S O N D
- Wash the floor, behind the toilet first — ☐ J F M A M J J A S O N D

BEDROOMS

- Dust the light, shelves and sills — ☐ J F M A M J J A S O N D
- Wipe the nightstands and dresser — ☐ J F M A M J J A S O N D
- Clean the mirror; wipe the switches — ☐ J F M A M J J A S O N D
- Vacuum under the bed — ☐ J F M A M J J A S O N D

LIVING AND ENTRY

- Dust the ceiling fan, lights and frames — ☐ J F M A M J J A S O N D
- Vacuum the couch and under the cushions — ☐ J F M A M J J A S O N D
- Wipe the hall table and front door — ☐ J F M A M J J A S O N D
- Line up the shoes; hang up the coats — ☐ J F M A M J J A S O N D

LAUNDRY, STORAGE AND OUTDOORS

- Wipe the washer and dryer tops — ☐ J F M A M J J A S O N D
- Wash the lint filter (clear it every load) — ☐ J F M A M J J A S O N D
- Dust the closet shelves — ☐ J F M A M J J A S O N D
- Sweep the porch and the steps — ☐ J F M A M J J A S O N D

EVERY MONTH, ANY ROOM

- Test the smoke alarms — ☐ J F M A M J J A S O N D
- Check the air filter — ☐ J F M A M J J A S O N D

CHECK THE AIR FILTER Change it at least once a season, sooner if it looks dirty.

◆ HOW TO USE Run the weekly list as it is. On zone day, do that week's zone and tick each job's square for the month. At each month's first Reset, test the alarms and check the filter. Use each cleaner as its label says; never mix two products.

Missed a week? Leave it blank.

ORDERLY WEEK

orderlyweek.com

© 2026 Orderly Week. Home use only.

MONTHLY CLEANING

CHECKLIST

One Tick per Job, per Month

		J	F	M	A	M	J	J	A	S	O	N	D
1	**KITCHEN**												
	Wipe the fridge top and cabinet tops	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Clean the microwave, inside and out	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Wipe the range hood; dust the light	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Wipe the lower cabinets and oven door	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2	**BATHROOMS**												
	Dust the light and the fan cover	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Scrub the shower walls, then the tub	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Wipe the cabinet below the sink	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Wash the floor, behind the toilet first	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3	**BEDROOMS**												
	Dust the light, shelves and sills	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Wipe the nightstands and dresser	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Clean the mirror; wipe the switches	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Vacuum under the bed	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4	**LIVING AND ENTRY**												
	Dust the ceiling fan, lights and frames	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Vacuum the couch and under the cushions	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Wipe the hall table and front door	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Line up the shoes; hang up the coats	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
5	**LAUNDRY, STORAGE AND OUTDOORS**												
	Wipe the washer and dryer tops	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Wash the lint filter (clear it every load)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Dust the closet shelves	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Sweep the porch and the steps	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
6	**EVERY MONTH, ANY ROOM**												
	Test the smoke alarms	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Check the air filter	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

EVERY WEEK Monday: floors · Tuesday: bathrooms, quick · Wednesday: laundry fold · Thursday: fridge and bins · Friday: surfaces and mirrors · Saturday: zone work · Sunday: the Weekly Reset

HOW TO USE

Run the weekly list as it is. On zone day, do that week's zone and tick each job's square for the month. At each month's first Reset, test the alarms and check the filter. Use each cleaner as its label says; never mix two products.

Missed a week? Leave it blank.

ORDERLY WEEK

orderlyweek.com

© 2026 Orderly Week. Home use only.

Monthly
CLEANING CHECKLIST

★ EVERY DAY, EVERY WEEK, EVERY MONTH ★

EVERY DAY

- Dishes
- Counters
- One load of laundry
- Five minutes on the floors

Plus one 10-minute block: clear the surfaces, today's job, one must-do, set up tomorrow.

EVERY WEEK

- Monday: floors
- Wednesday: laundry fold
- Friday: surfaces and mirrors
- Sunday: the Weekly Reset
- Tuesday: bathrooms, quick
- Thursday: fridge and bins
- Saturday: zone work

EVERY MONTH: ONE ZONE A WEEK

Five zones, one a week, so each one comes around about once a month.

1 KITCHEN

- [ ] Wipe the fridge top and cabinet tops
- [ ] Clean the microwave, inside and out
- [ ] Wipe the range hood; dust the light
- [ ] Wipe the lower cabinets and oven door

EACH TURN ○○○○○○○○○○

2 BATHROOMS

- [ ] Dust the light and the fan cover
- [ ] Scrub the shower walls, then the tub
- [ ] Wipe the cabinet below the sink
- [ ] Wash the floor, behind the toilet first

EACH TURN ○○○○○○○○○○

3 BEDROOMS

- [ ] Dust the light, shelves and sills
- [ ] Wipe the nightstands and dresser
- [ ] Clean the mirror; wipe the switches
- [ ] Vacuum under the bed

EACH TURN ○○○○○○○○○○

4 LIVING AND ENTRY

- [ ] Dust the ceiling fan, lights and frames
- [ ] Vacuum the couch and under the cushions
- [ ] Wipe the hall table and front door
- [ ] Line up the shoes; hang up the coats

EACH TURN ○○○○○○○○○○

5 LAUNDRY, STORAGE AND OUTDOORS

- [ ] Wipe the washer and dryer tops
- [ ] Wash the lint filter (clear it every load)
- [ ] Dust the closet shelves
- [ ] Sweep the porch and the steps

EACH TURN ○○○○○○○○○○

EVERY MONTH, ANY ROOM

	J	F	M	A	M	J	J	A	S	O	N	D
Test the smoke alarms	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Check the air filter Change it at least once a season, sooner if it looks dirty.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HOW TO USE

Run the daily and weekly lists as they are. On zone day, do that week's zone box and fill one circle. At each month's first Reset, test the alarms and check the filter. Use each cleaner as its label says; never mix two products.

NOTES

Missed a week? Leave it blank.

ORDERLY WEEK

orderlyweek.com

© 2026 Orderly Week. Home use only.



Every Room, All Year

MONTHLY

CLEANING CHECKLIST

A year at a glance: tick each job in its month



EVERY WEEK Monday: floors · Tuesday: bathrooms, quick · Wednesday: laundry fold · Thursday: fridge and bins · Friday: surfaces and mirrors · Saturday: zone work · Sunday: the Weekly Reset

EVERY MONTH: ONE ZONE A WEEK *Tick the month's square when the job is done*

	J	F	M	A	M	J	J	A	S	O	N	D
1 Kitchen · Wipe the fridge top and cabinet tops	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean the microwave, inside and out	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the range hood; dust the light	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the lower cabinets and oven door	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2 Bathrooms · Dust the light and the fan cover	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Scrub the shower walls, then the tub	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the cabinet below the sink	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash the floor, behind the toilet first	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3 Bedrooms · Dust the light, shelves and sills	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the nightstands and dresser	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean the mirror; wipe the switches	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vacuum under the bed	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4 Living and entry · Dust the ceiling fan, lights and frames	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vacuum the couch and under the cushions	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the hall table and front door	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Line up the shoes; hang up the coats	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

	J	F	M	A	M	J	J	A	S	O	N	D
5 Laundry, storage and outdoors · Wipe the washer and dryer tops	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash the lint filter (clear it every load)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Dust the closet shelves	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sweep the porch and the steps	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Every month, any room · Test the smoke alarms	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Check the air filter Change it at least once a season, sooner if it looks dirty.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

◆ HOW TO USE Run the weekly list as it is. On zone day, do that week's zone and tick each job's square for the month. At each month's first Reset, test the alarms and check the filter. Use each cleaner as its label says; never mix two products.

Missed a week? Leave it blank.

ORDERLY WEEK

orderlyweek.com

© 2026 Orderly Week. Home use only.

A YEAR AT A GLANCE: TICK EACH JOB IN ITS MONTH

Monthly Cleaning Checklist



EVERY WEEK Monday: floors · Tuesday: bathrooms, quick · Wednesday: laundry fold · Thursday: fridge and bins · Friday: surfaces and mirrors · Saturday: zone work · Sunday: the Weekly Reset

EVERY MONTH: ONE ZONE A WEEK

Tick the month's square when the job is done

	J	F	M	A	M	J	J	A	S	O	N	D
1 Kitchen · Wipe the fridge top and cabinet tops	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean the microwave, inside and out	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the range hood; dust the light	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the lower cabinets and oven door	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2 Bathrooms · Dust the light and the fan cover	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Scrub the shower walls, then the tub	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the cabinet below the sink	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash the floor, behind the toilet first	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3 Bedrooms · Dust the light, shelves and sills	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the nightstands and dresser	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean the mirror; wipe the switches	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vacuum under the bed	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4 Living and entry · Dust the ceiling fan, lights and frames	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vacuum the couch and under the cushions	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe the hall table and front door	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Line up the shoes; hang up the coats	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

	J	F	M	A	M	J	J	A	S	O	N	D
5 Laundry, storage and outdoors · Wipe the washer and dryer tops	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash the lint filter (clear it every load)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Dust the closet shelves	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sweep the porch and the steps	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Every month, any room · Test the smoke alarms	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Check the air filter Change it at least once a season, sooner if it looks dirty.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HOW TO USE

Run the weekly list as it is. On zone day, do that week's zone and tick each job's square for the month. At each month's first Reset, test the alarms and check the filter. Use each cleaner as its label says; never mix two products.

Missed a week? Leave it blank.

ORDERLY WEEK

orderlyweek.com

© 2026 Orderly Week. Home use only.

MONTHLY

CLEANING CHECKLIST

EVERY DAY

- Dishes
- Counters
- One load of laundry
- Five minutes on the floors

Plus one 10-minute block: clear the surfaces, today's job, one must-do, set up tomorrow.

EVERY WEEK

- Monday: floors
- Tuesday: bathrooms, quick
- Wednesday: laundry fold
- Thursday: fridge and bins
- Friday: surfaces and mirrors
- Saturday: zone work
- Sunday: the Weekly Reset

EVERY MONTH: ONE ZONE A WEEK

Five zones, one a week, so each one comes around about once a month.

1 KITCHEN

- ○ Wipe the fridge top and cabinet tops
- ○ Clean the microwave, inside and out
- ○ Wipe the range hood; dust the light
- ○ Wipe the lower cabinets and oven door

EACH TURN ○○○○○○○○○○

2 BATHROOMS

- ○ Dust the light and the fan cover
- ○ Scrub the shower walls, then the tub
- ○ Wipe the cabinet below the sink
- ○ Wash the floor, behind the toilet first

EACH TURN ○○○○○○○○○○

3 BEDROOMS

- ○ Dust the light, shelves and sills
- ○ Wipe the nightstands and dresser
- ○ Clean the mirror; wipe the switches
- ○ Vacuum under the bed

EACH TURN ○○○○○○○○○○

4 LIVING AND ENTRY

- ○ Dust the ceiling fan, lights and frames
- ○ Vacuum the couch and under the cushions
- ○ Wipe the hall table and front door
- ○ Line up the shoes; hang up the coats

EACH TURN ○○○○○○○○○○

5 LAUNDRY, STORAGE AND OUTDOORS

- ○ Wipe the washer and dryer tops
- ○ Wash the lint filter (clear it every load)
- ○ Dust the closet shelves
- ○ Sweep the porch and the steps

EACH TURN ○○○○○○○○○○

EVERY MONTH, ANY ROOM

	J	F	M	A	M	J	J	A	S	O	N	D
Test the smoke alarms	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Check the air filter Change it at least once a season, sooner if it looks dirty.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HOW TO USE

Run the daily and weekly lists as they are. On zone day, do that week's zone box and fill one circle. At each month's first Reset, test the alarms and check the filter. Use each cleaner as its label says; never mix two products.

NOTES

Missed a week? Leave it blank.

ORDERLY WEEK

orderlyweek.com

© 2026 Orderly Week. Home use only.

Monthly Cleaning CHECKLIST

EVERY DAY, EVERY WEEK, EVERY MONTH

EVERY DAY

- Dishes
- Counters
- One load of laundry
- Five minutes on the floors

Plus one 10-minute block: clear the surfaces, today's job, one must-do, set up tomorrow.

EVERY WEEK

- Monday: floors
- Wednesday: laundry fold
- Friday: surfaces and mirrors
- Sunday: the Weekly Reset
- Tuesday: bathrooms, quick
- Thursday: fridge and bins
- Saturday: zone work

EVERY MONTH: ONE ZONE A WEEK

Five zones, one a week, so each one comes around about once a month.

1 KITCHEN

- [ ] Wipe the fridge top and cabinet tops
- [ ] Clean the microwave, inside and out
- [ ] Wipe the range hood; dust the light
- [ ] Wipe the lower cabinets and oven door

EACH TURN ○○○○○○○○○○

2 BATHROOMS

- [ ] Dust the light and the fan cover
- [ ] Scrub the shower walls, then the tub
- [ ] Wipe the cabinet below the sink
- [ ] Wash the floor, behind the toilet first

EACH TURN ○○○○○○○○○○

3 BEDROOMS

- [ ] Dust the light, shelves and sills
- [ ] Wipe the nightstands and dresser
- [ ] Clean the mirror; wipe the switches
- [ ] Vacuum under the bed

EACH TURN ○○○○○○○○○○

4 LIVING AND ENTRY

- [ ] Dust the ceiling fan, lights and frames
- [ ] Vacuum the couch and under the cushions
- [ ] Wipe the hall table and front door
- [ ] Line up the shoes; hang up the coats

EACH TURN ○○○○○○○○○○

5 LAUNDRY, STORAGE AND OUTDOORS

- [ ] Wipe the washer and dryer tops
- [ ] Wash the lint filter (clear it every load)
- [ ] Dust the closet shelves
- [ ] Sweep the porch and the steps

EACH TURN ○○○○○○○○○○

EVERY MONTH, ANY ROOM

	J	F	M	A	M	J	J	A	S	O	N	D
Test the smoke alarms	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Check the air filter Change it at least once a season, sooner if it looks dirty.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HOW TO USE

Run the daily and weekly lists as they are. On zone day, do that week's zone box and fill one circle. At each month's first Reset, test the alarms and check the filter. Use each cleaner as its label says; never mix two products.

NOTES

MISSED A WEEK?
LEAVE IT BLANK.

ORDERLY WEEK

orderlyweek.com

© 2026 Orderly Week. Home use only.

MONTHLY
CLEANING CHECKLIST

Every day, every week, every month

EVERY DAY

- Dishes
- Counters
- One load of laundry
- Five minutes on the floors

Plus one 10-minute block: clear the surfaces, today's job, one must-do, set up tomorrow.

EVERY WEEK

- Monday: floors
- Tuesday: bathrooms, quick
- Wednesday: laundry fold
- Thursday: fridge and bins
- Friday: surfaces and mirrors
- Saturday: zone work
- Sunday: the Weekly Reset

EVERY MONTH: ONE ZONE A WEEK

Five zones, one a week, so each one comes around about once a month.

1 KITCHEN

- [ ] Wipe the fridge top and cabinet tops
- [ ] Clean the microwave, inside and out
- [ ] Wipe the range hood; dust the light
- [ ] Wipe the lower cabinets and oven door

EACH TURN ○○○○○○○○○○

2 BATHROOMS

- [ ] Dust the light and the fan cover
- [ ] Scrub the shower walls, then the tub
- [ ] Wipe the cabinet below the sink
- [ ] Wash the floor, behind the toilet first

EACH TURN ○○○○○○○○○○

3 BEDROOMS

- [ ] Dust the light, shelves and sills
- [ ] Wipe the nightstands and dresser
- [ ] Clean the mirror; wipe the switches
- [ ] Vacuum under the bed

EACH TURN ○○○○○○○○○○

4 LIVING AND ENTRY

- [ ] Dust the ceiling fan, lights and frames
- [ ] Vacuum the couch and under the cushions
- [ ] Wipe the hall table and front door
- [ ] Line up the shoes; hang up the coats

EACH TURN ○○○○○○○○○○

5 LAUNDRY, STORAGE AND OUTDOORS

- [ ] Wipe the washer and dryer tops
- [ ] Wash the lint filter (clear it every load)
- [ ] Dust the closet shelves
- [ ] Sweep the porch and the steps

EACH TURN ○○○○○○○○○○

EVERY MONTH, ANY ROOM

	J	F	M	A	M	J	J	A	S	O	N	D
Test the smoke alarms	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Check the air filter Change it at least once a season, sooner if it looks dirty.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HOW TO USE

Run the daily and weekly lists as they are. On zone day, do that week's zone box and fill one circle. At each month's first Reset, test the alarms and check the filter. Use each cleaner as its label says; never mix two products.

NOTES

Missed a week? Leave it blank.

ORDERLY WEEK

orderlyweek.com

© 2026 Orderly Week. Home use only.