

Weekly Cleaning Checklists

The Path to Perfect Health 4 Life Cleaning Routine:

Monday:

- Vacuum carpet
- Mop floors
- Wipe down appliances

Daily:

- Make Bed
- One load of laundry
- Pick up Clutter
- Wipe down counters
- Take out trash
- Wash dishes



The Path to Perfect Health 4 Life Cleaning Routine:

Tuesday:

- Dust furniture & shelves

Daily:

- Make Bed
- One load of laundry
- Pick up Clutter
- Wipe down counters
- Take out trash
- Wash dishes



The Path to Perfect Health 4 Life Cleaning Routine:

Wednesday:

- Clean out frig & Pantry
- Wipe down Appliances

Daily:

- Make Bed
- One load of laundry
- Pick up Clutter
- Wipe down counters
- Take out trash
- Wash dishes



The Path to Perfect Health 4 Life Cleaning Routine:

Thursday:

- Clean toilets, tubs, showers & sink
- Clean Windows & mirrors

Daily:

- Make Bed
- One load of laundry
- Pick up Clutter
- Wipe down counters
- Take out trash
- Wash dishes



The Path to Perfect Health 4 Life Cleaning Routine:

Friday:

- Scrub kitchen sink
- Straighten up misplaced items

Daily:

- Make Bed
- One load of laundry
- Pick up Clutter
- Wipe down counters
- Take out trash
- Wash dishes



The Path to Perfect Health 4 Life Cleaning Routine:

Weekend:

- Change linens
- Clean inside of Microwave /tosteroven
- Make sure all surfaces are cleaned off
- Leftover laundry

Daily:

- Make Bed
- One load of laundry
- Pick up Clutter
- Wipe down counters
- Take out trash
- Wash dishes

