

# HOME CLEANING CHECKLIST

*The Mother*  
H U D D L E



## DAILY

Aim for 5 to 15 minutes total,  
not one long session

- ☐ Load or run the dishwasher
- ☐ Wipe one counter section (not "the kitchen," just one section)
- ☐ One-touch any mail: open it, recycle it, or put it in one designated spot
- ☐ Start one load of laundry (doesn't need to be finished today)
- ☐ Clear one flat surface that's collecting clutter (table, counter, nightstand)



## WEEKLY

Pick a day, set a timer for  
each task separately

- ☐ Vacuum or sweep one main floor area
- ☐ Clean one bathroom (toilet, sink, mirror as three separate micro-tasks if needed)
- ☐ Change one set of sheets
- ☐ Empty all trash and recycling bins in the house
- ☐ Wipe down kitchen appliance exteriors



## MONTHLY

Pick one weekend, break  
into the smallest tasks listed

- ☐ Clean inside the microwave
- ☐ Wipe baseboards in one room (just one; repeat next month for the next room)
- ☐ Clean out one junk drawer or catch-all surface
- ☐ Vacuum under couch cushions
- ☐ Wash bath mats and kitchen towels



## SEASONAL

Pick one weekend, break  
into the smallest tasks listed

- ☐ Rotate or wash seasonal bedding and blankets
- ☐ Clean inside the refrigerator, one shelf at a time
- ☐ Declutter one closet, sorted into keep, donate, and trash only
- ☐ Wipe down window sills and blinds in one room
- ☐ Check and replace air filters or vacuum filters



Use the 5-minute rule on any single checkbox that feels too big to start. Set a timer, do just that one line, and stop when it goes off if you want to. Often you won't want to, and that's the dopamine catching up, not a sign you should have pushed harder in the first place.