

To do this coming week Jan 31- Feb 6		
To Do Every Day		
make beds (have kids over age 5 make their own beds.)	have kids put all toys away at nap time, lunch time, dinner time, and before bed.	tidy the main pathways of home. Throw away clutter.
wash/dry/fold at least one load of laundry	Swish (clean inside) toilet bowls	do the dishes and put them away
get some exercise (walking with a stroller is plenty.)	wipe down surfaces (countertops, table tops, stovetops and all spills)	Wash baby bottles and prep formula
Tidy yourself (and the kids) before spouse arrives home	plan and cook meals-- plan menus once per week	soak and wash cloth diapers
sweep bare floors	(clean out fridge on shopping day)	
Add these items just for SUNDAY		
Avoid working, shopping, or other non-essential distractions	Focus on family and friends today (in person, not on the internet)	
Add These Items Just for MONDAY		
Dust and vacuum all bedrooms. Don't forget fans, draperies, lampshades, and under beds. Also vacuum closets.	Change all bed sheets--have kids do their own	Tidy up closets and/or storage (like under bed storage boxes)
mop hardwood floors in bedrooms.		

Add these items Just on Tuesday		
Bathrooms! Sinks, tubs, toilets, cabinet faces, faucets, countertops and mirrors	Empty bathroom trash	soak toothbrushes in peroxide to kill germs
Clean under the bathroom sink	dust and clean baseboard heaters, radiators, or vents	vacuum and mop bathroom floors
Add these items Just on Wednesday		
Clean microwave, and small appliances. Clean stove top. Does the oven need cleaning? Does the dishwasher need cleaning?	thoroughly clean refrigerator and freezer Defrost if necessary	Clean backsplash and kitchen wall handprints, smudges, etc.
Add these items just on Thursday		
clean miscellaneous rooms like office, den, craft rooms, mud rooms (dust & vacuum too!)	Brush dogs and cats	Clean pet bowls and bedding
	Vacuum floors in main living areas and walking pathways throughout the house	

Add these items just on Friday		
Clean laundry room	sanitize mop heads	thoroughly clean the washing machine (do you need a new post on step by step for this?)
Vacuum stair ways and 2nd floor		
Add these items just for SATURDAY		
clean and declutter family and living rooms	dust family and living rooms. Don't forget lamp shades, draperies, and to bang out throw carpets VACUUM upholstery this week too.	vacuum and mop family and living rooms