



a QUICK and SIMPLE CLEANING SCHEDULE

by A Military Wife's Life

Monday

BATHROOMS
(toilet, sinks, counters,
shower & tub)

Tuesday

MEAL PLANNING &
GROCERY SHOPPING

Wednesday

BEDROOMS &
OFFICE

Thursday

DUST,
MOP &
VACUUM

Friday

KITCHEN
(surfaces, sinks, fridge &
freezer)

Every day

TIDY MAIN AREA,
CLEAN DISHES, &
WIPE DOWN KITCHEN
COUNTERS & TABLE