10 minutes a day

The floor: the weekly basics in about 10 minutes a day, with one longer day for the floors. Every other week, add Mop the hard floors (20) to Saturday or Sunday.

Every day — Load the dishwasher · Unload the dishwasher · Wipe the counters · Wipe the stove and grates · Make the bed · Plump the cushions — about 18 min

Monday — 10 min

- [ ] Clean the toilet — 5
- [ ] Wipe the bathroom sink and faucet — 3
- [ ] Fresh towels out — 2

Tuesday — 11 min

- [ ] Clear out old food from the fridge — 6
- [ ] Put the garbage bin out — 3
- [ ] Swap the kitchen sponge — 2

Wednesday — 10 min

- [ ] Change the sheets — 10

Thursday — 11 min

- [ ] Clean the toilet — 5
- [ ] Wipe down the shower and tub — 6

Friday — 9 min

- [ ] Empty the small bins — 5
- [ ] Water the plants — 4

Saturday — 25 min

- [ ] Vacuum all floors — 25

Sunday

Rest, or catch up on anything you missed this week.

If you miss a day

Move it to Sunday, or let it go. Next week it comes round again; nothing doubles.

20 minutes a day

The bigger weekly jobs, spread so no day takes much more than 20 minutes.

Every day — Load the dishwasher · Unload the dishwasher · Wipe the counters · Wipe the stove and grates · Make the bed · Plump the cushions · about 18 min

Monday — 18 min

Clean the toilet	5
Wipe the bathroom sink and faucet	3
Wipe down the shower and tub	6
Fresh towels out	2
Swap the kitchen sponge	2

Tuesday — 25 min

Vacuum all floors	25

Wednesday — 21 min

Change the sheets	10
Run a wash	5
Dust the bedroom	6

Thursday — 19 min

Clean the toilet	5
Wipe the bathroom sink and faucet	3
Clean all the mirrors	6
Empty the small bins	5

Friday — 19 min

Clear out old food from the fridge	6
Clean the microwave	10
Put the garbage bin out	3

Saturday — 20 min

Mop the hard floors	20

Sunday — 22 min

Wipe switches, handles and remotes	8
Dust the bookshelf	5
Water the plants	4
Shake the doormat and sweep the entry	5

If you miss a day

Move it to Sunday, or let it go. Next week it comes round again; nothing doubles.

30 minutes a day

Everything weekly, the whole bathroom on Thursday, and one monthly job on Sunday.

Every day — Load the dishwasher · Unload the dishwasher · Wipe the counters · Wipe the stove and grates · Make the bed · Plump the cushions — about 18 min

Monday — 25 min

Clean the toilet	5	☐
Wipe the bathroom sink and faucet	3	☐
Wipe down the shower and tub	6	☐
Fresh towels out	2	☐
Swap the kitchen sponge	2	☐
Wash the bath mat	3	☐
Clean the toilet brush and holder	4	☐

Tuesday — 33 min

Vacuum all floors	25	☐
Vacuum under the sofa cushions	8	☐

Wednesday — 31 min

Change the sheets	10	☐
Run a wash	5	☐
Dust the bedroom	6	☐
Vacuum under the bed	10	☐

Thursday — 35 min

Clean the whole bathroom	35	☐

Friday — 24 min

Clear out old food from the fridge	6	☐
Clean the microwave	10	☐
Put the garbage bin out	3	☐
Empty the small bins	5	☐

Saturday — 28 min

Mop the hard floors	20	☐
Shake the rugs outside	8	☐

Sunday — 32 min

Wipe switches, handles and remotes	8	☐
Dust the bookshelf	5	☐
Water the plants	4	☐
Shake the doormat and sweep the entry	5	☐
One job from page 4	10	☐

If you miss a day

Move it to Sunday, or let it go. Next week it comes round again; nothing doubles.

Once a month or less

Write the date each time you do one. A glance shows what's due. On the 30-minute week, Sunday's slot is for one of these.

Chore	How often	Min	Last done	Then	Then
Clean the dishwasher filter	Every month	8			
Clean the washing machine	Every month	10			
Wash the shower curtain and liner	Every month	5			
Clear the shower and sink drains	Every month	8			
Wash the mattress protector	Every month	5			
Wash out the kitchen trash can	Every month	10			
Wipe down the baseboards	Every month	15			
Dust the blinds and curtains	Every month	10			
Clean the oven	Every month	25			
Deep scrub the shower and grout	Every month	25			
Clean the windows	Every month	30			
Descale the coffee machine	Every month	5			
Descale the showerhead	Every 3 months	10			
Wash the duvet or comforter	Every 3 months	15			
Vacuum the mattress	Every 3 months	15			
Deep clean the fridge	Every 3 months	30			
Wash the pillows	Twice a year	15			
Rotate the mattress	Twice a year	10			
Vacuum the fridge coils	Twice a year	10			
Replace the smoke alarm battery	Every year	5			
Clean the dryer vent duct	Every year	30			