

everyday cleaning routines

DITCH THE TOX

on Saturday we catch up on laundry, vacuuming,
decluttering & organizing
on Sunday.....we rest

MON

- open blinds, make beds, pick up floors
- wipe down surfaces with the all purpose spray (recipe on our fb page)
- load, wash, unload dishes
- deep clean kitchen sink, take out garbage, wipe appliances
- unclutter countertops, living space

TUE

- open blinds, make beds, tidy up
- wipe down surfaces, load dishes, wash, unload
- vacuum floors
- load of laundry, put away
- take out garbage, empty room bins

WED

- open blinds, make beds, tidy up
- wipe down surfaces, load & wash dishes
- deep clean bathroom: bathtub, toilets, sinks, floors, mirrors
- sprinkle baking soda in kitchen sink, rinse
- take out garbage

THU

- open blinds, make beds, straighten up
- dust with a damp cloth and some lemon oil
- load, wash, unload dishes
- take out garbage, wipe appliances
- load of laundry, put away

FRI

- open blinds, make beds, tidy up
- clean microwave, quick fridge wipe out/toss of old foods
- load, wash, unload dishes
- deep clean kitchen sink, take out garbage, wipe appliances & surfaces
- mop floors (only once a week if needed- any more than that will ruin)