

Cleaning checklist

Use this checklist to keep your space clean, comfortable and stress-free.

Bedroom

Daily

- Tidy clothes
- Clear desk
- Empty bin if it's full - remember to recycle

Weekly

- Vacuum floor, including under the bed
- Wipe down surfaces & mirrors

Every Two Weeks

- Change bedding

Monthly

- Wipe inside windows

En Suite

Daily

- Wipe basin & taps
- Rinse shower & clear drain

Weekly

- Clean & sanitise toilet
- Scrub shower tray & tiles
- Mop floor
- Wipe shower screen/wash shower curtain

Monthly

- Descale taps & shower head
- Wipe extractor fan cover

Kitchen / Hallway / Lounge

Daily

- Empty bins if they're full - remember to recycle
- Wash up plates, bowls, cups & cutlery
- Wipe worktops & hob after cooking
- Sweep kitchen floor if needed

Weekly

- Mop floors in kitchen & hallway
- Vacuum lounge & dust surfaces
- Sanitise bin lids

Monthly

- Deep clean fridge & microwave
- Wipe inside windows & skirting boards
- Declutter cupboards & lounge area

Top Tip

A clean space isn't just about looks - it helps you feel calmer, sleep better & stay focused. Small habits like cleaning can make a big difference to your wellbeing.



**Best
year
yet**