

# Kitchen Cleaning Checklist

| DAILY TASKS                            | S                        | M                        | T                        | W                        | T                        | F                        | S                        |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Load/unload dishwasher                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Wipe down countertops, stove, and sink | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sweep or vacuum the floor              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Take out the trash if needed           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tidy up random items                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Wipe down dining table                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
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|  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| WEEKLY TASKS                |                          |
|-----------------------------|--------------------------|
| Clean stovetop and oven     | <input type="checkbox"/> |
| Clean microwave             | <input type="checkbox"/> |
| Wipe down appliances        | <input type="checkbox"/> |
| Mop/clean floor             | <input type="checkbox"/> |
| Toss leftovers/expired food | <input type="checkbox"/> |
| Make shopping list          | <input type="checkbox"/> |
|                             | <input type="checkbox"/> |
|                             | <input type="checkbox"/> |
|                             | <input type="checkbox"/> |
|                             | <input type="checkbox"/> |
|                             | <input type="checkbox"/> |
|                             | <input type="checkbox"/> |

| MONTHLY TASKS               |                          |
|-----------------------------|--------------------------|
| Clean out pantry            | <input type="checkbox"/> |
| Clean out freezer           | <input type="checkbox"/> |
| Clean trash can             | <input type="checkbox"/> |
| Clean cabinet doors/drawers | <input type="checkbox"/> |
|                             | <input type="checkbox"/> |
|                             | <input type="checkbox"/> |
|                             | <input type="checkbox"/> |
|                             | <input type="checkbox"/> |
|                             | <input type="checkbox"/> |
|                             | <input type="checkbox"/> |