



american cleaning institute®

Home Cleaning Schedule

Daily:

- Disinfect high-touch surfaces
- Pick up clutter & spot clean
- Clean the kitchen
- Do laundry (if needed)

Weekly:

- Clean the bathrooms
- Launder sheets and towels
- Vacuum, mop and dust
- Clean out the fridge

Monthly:

- Wash blankets & comforters
- Wash curtains
- Dust light fixtures & blinds
- Clean appliances

Quarterly:

- Wash windows & screens
- Wash shower curtain
- Wash pillows

Yearly:

- Clean rugs and upholstery
- Clean the chimney and fireplace
- Clear out the gutters
- Deep clean and organize



Always store cleaning products up and out of sight and follow instructions on the label when using!