

# MONDAY - THURSDAY

## Monday: LIVING ROOM

- ✓ Hoover
- ✓ Sofa dive (hoover under cushions)
- ✓ Mop if you have hard floors
- ✓ Dust everything
- ✓ Quick window clean (if there are sticky finger marks!)
- ✓ Tidy away anything that doesn't belong
- ✓ Wash throws and pet bedding

## Tuesday: BEDROOMS

- ✓ Hoover all bedrooms
- ✓ Dust all bedrooms
- ✓ Tidy/cull anything that doesn't belong
- ✓ Quick mine sweep under beds
- ✓ Change bedding

## Wednesday: ENTRANCE HALL & STAIRS

- ✓ Tidy away anything that doesn't belong
- ✓ Hoover, including the stairs
- ✓ Dust everything
- ✓ Mop if you have hard floors

## Thursday: KITCHEN

- ✓ Clean inside of the microwave
- ✓ Sweep and mop floor
- ✓ Clean cooker top
- ✓ Empty crumbs out of the toaster
- ✓ Clean the splash-back behind hob
- ✓ Wipe down cupboard fronts
- ✓ Clean windows
- ✓ Dust blinds
- ✓ Give the sink a really good scrub
- ✓ Clean out the fridge
- ✓ Wipe down all working surfaces
- ✓ Clean out cutlery drawer

## Friday: FOCUS DAY

**See Friday Focus  
Printable!**