



# MONDAY - THURSDAY

## Monday: LIVING ROOM

- ✓ Tidy away anything that doesn't belong
- ✓ Wash throws and pet bedding
- ✓ Quick window clean, get rid of finger marks
- ✓ Sofa Dive (vacuum under cushions)
- ✓ Dust
- ✓ Vacuum
- ✓ Mop if you have hard floors

## Tuesday: BEDROOMS

- ✓ Strip beds
- ✓ Tidy away anything that doesn't belong
- ✓ Quick mine sweep under beds
- ✓ Dust
- ✓ Vacuum
- ✓ Remake beds

## Wednesday: ENTRANCE HALL & STAIRS

- ✓ Tidy away anything that doesn't belong
- ✓ Dust
- ✓ Vacuum
- ✓ Mop if you have hard floors

## Thursday: KITCHEN

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

## Friday: FOCUS DAY

**See Friday Focus  
Printable!**