

CHORES Checklist

Kitchen

- Do the dishes
- Wipe down the countertops
- Spot clean food splatters with a quick-clean mop if needed
- Change the trash bag if needed
- Put away paperwork
- Put away any other items that are out of place in the kitchen
- Clean and disinfect the kitchen sink and garbage disposal
- Clean/ disinfect countertops
- Wipe down cabinet/ drawer fronts
- Clean/ organize refrigerator and freezer
- Clean the inside and outside of microwave
- Clean the stovetop and outside of the oven/ Self-cleaning cycle
- Wipe down outside of trash can
- Dust top of cabinets
- Clean baseboards of cabinets
- Clean backsplash
- Wash dish towels and rags
- Change water filters on coffee maker and fridge if needed
- _____
- _____

Living Room

- Spot clean rugs, upholstered furniture, curtains, etc
- Dust living room furniture
- Fold blankets and fluff pillows
- Declutter/ organize living room storage areas
- Clear off coffee/ end tables
- Vacuum upholstered furniture
- _____
- _____

Bathrooms

- Wipe down bathroom counter and faucet
- Rinse toothpaste and other debris from sinks
- Put dirty clothes in the hamper
- Put away out of place items
- Empty and clean trash can
- Clean sinks and vanity top
- Windex mirror
- Clean toilet
- Wash towels, washcloths and bath rug if needed
- Check toilet paper/hand soap
- Clean shower/tub
- Spot clean splatters on cabinets
- Wash/ spot clean shower curtain or glass
- _____
- _____

Bedrooms

- Wash all bed linens
- Make the bed and straighten throw pillows and blankets
- Put dirty clothes in the hamper
- Clear trash and clutter from nightstand and dresser tops
- Put away other items that are out of place
- Dust all bedroom furniture, picture frames, and decorative items
- Clean and deodorize mattress
- Remove all trash from room
- Sort through and organize dresser and nightstand drawers
- Declutter and organize the closet
- _____
- _____

Dining Room

- Dust and polish dining room table and furniture
- Spot clean dining room chairs and rug
- Organize and declutter any dining room storage areas
- Refill any dining supplies
- Check bottoms of chair legs for felt sliders if needed
- _____
- _____

Laundry Room

- Clean outside of washer/ dryer
- Put away any clean clothes
- Run a cleaning cycle on the washing machine
- Check stock of supplies
- Wipe countertops or shelves
- _____
- _____

All Rooms

- General tidying up/decluttering
- Clean/dust baseboards, doors, and trim
- Sweep/mop/vacuum floors
- Dust any light fixtures
- Clean windows and window sills/tracks
- Dust all blinds or window fixtures (curtain rods, etc)
- Dust any decorative items or frames in the room
- Replace light bulbs if needed
- Check stock of supplies/ refill
- _____
- _____