



Clean House in Seven Days 7-DAY MAINTENANCE SCHEDULE

SAMPLE

Use the Brambly Thicket 7-Day Maintenance Schedule below to customize tasks based on your home and schedule. Check off tasks completed, add tasks you did that weren't on the daily schedule, and include notes about your day. It should reflect what you should accomplish in seven days to keep your house staying clean! You will change it around a lot based on your ever-changing schedule of doctors' appointments, meetings, etc., as long as you can get all the tasks done within one week.

MORNING QUICK SHOT: DO EVERY DAY!

- ☐ Wipe down kitchen counters, sinks and fridge handles
- ☐ Sweep kitchen floor
- ☐ Empty dishwasher
- ☐ Change bathroom hand/dish towels
- ☐ Empty clothes hampers - start a load
- ☐ Empty all waste baskets

monday

- ☐ Vacuum entire house
- ☐ Clean master bathroom
- ☐ Change sheets on one bed
- ☐ Dust one room
- ☐ Fold & put away clean clothes

NEXT LEVEL TASKS:

NOTES:

MORNING QUICK SHOT: DO EVERY DAY!

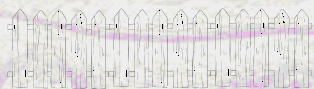
- ☐ Wipe down kitchen counters, sinks and fridge handles
- ☐ Sweep kitchen floor
- ☐ Empty dishwasher
- ☐ Change bathroom hand/dish towels
- ☐ Empty clothes hampers - start a load
- ☐ Empty all waste baskets

tuesday

- ☐ Dry Swiffer® floors
- ☐ Clean kids' bathroom
- ☐ Change sheets on one bed
- ☐ Dust one room
- ☐ Fold & put away clean clothes

NEXT LEVEL TASKS:

NOTES:



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- ☐ Empty all waste baskets

wednesday

- ☐ Clean guest bathroom
- ☐ Change sheets on one bed
- ☐ Dust one room
- ☐ Vacuum high traffic areas
- ☐ Fold & put away clean clothes

NEXT LEVEL TASKS:

NOTES:

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- ☐ Wipe down kitchen counters, sinks and fridge handles
- ☐ Sweep kitchen floor
- ☐ Empty dishwasher
- ☐ Change bathroom hand/dish towels
- ☐ Empty clothes hampers - start a load
- ☐ Empty all waste baskets

thursday

- ☐ Clean ½ bathroom
- ☐ Change out bath towels
- ☐ Change sheets on one bed
- ☐ Dust one room
- ☐ Garbage Day: Clean out refrigerator
- ☐ Fold & put away clean clothes

NEXT LEVEL TASKS:

NOTES:



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- ☐ Change bathroom hand/dish towels
- ☐ Empty clothes hampers - start a load
- ☐ Empty all waste baskets

friday

- ☐ Mop kitchen floor
- ☐ Steam clean microwave
- ☐ Change sheets on one bed
- ☐ Dust one room
- ☐ Clean and wipe all toilets
- ☐ Fold & put away clean clothes

NEXT LEVEL TASKS:

NOTES:

MORNING QUICK SHOT: DO EVERY DAY!

- ☐ Wipe down kitchen counters, sinks and fridge handles
- ☐ Sweep kitchen floor
- ☐ Empty dishwasher
- ☐ Change bathroom hand/dish towels
- ☐ Empty clothes hampers - start a load
- ☐ Empty all waste baskets

saturday & sunday

- ☐ Change out bath towels
- ☐ Do unchecked tasks from Mon-Fri
- ☐ Dust two rooms
- ☐ Clean and wipe all bathroom sinks, cabinets and mirrors
- ☐ Mop kitchen and dining room floors
- ☐ Steam clean microwave
- ☐ Vacuum high traffic areas
- ☐ Fold & put away clean clothes

NEXT LEVEL TASKS:

NOTES: