

Kitchen Cleaning Checklist

DAILY TASKS	S	M	T	W	T	F	S
Load/unload dishwasher	☐	☐	☐	☐	☐	☐	☐
Wipe down countertops, stove, and sink	☐	☐	☐	☐	☐	☐	☐
Sweep or vacuum the floor	☐	☐	☐	☐	☐	☐	☐
Take out the trash if needed	☐	☐	☐	☐	☐	☐	☐
Tidy up random items	☐	☐	☐	☐	☐	☐	☐
Wipe down dining table	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
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	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

WEEKLY TASKS	
Clean stovetop and oven	☐
Clean microwave	☐
Wipe down appliances	☐
Mop/clean floor	☐
Toss leftovers/expired food	☐
Make shopping list	☐
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	☐
	☐

MONTHLY TASKS	
Clean out pantry	☐
Clean out freezer	☐
Clean trash can	☐
Clean cabinet doors/drawers	☐
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	☐
	☐
	☐
	☐