

# Kitchen Cleaning Checklist

DAILY TASKS	S	M	T	W	T	F	S
Load or unload the dishwasher	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take out the trash as needed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wipe down countertops and stovetop	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tidy frequently used items	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweep or vacuum the floor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

WEEKLY TASKS	
Toss leftovers	<input type="radio"/>
Organize fridge	<input type="radio"/>
Clean the microwave	<input type="radio"/>
Scrub the sink	<input type="radio"/>
Wipe down cabinets	<input type="radio"/>
Disinfect handles and knobs	<input type="radio"/>
Wipe down appliances	<input type="radio"/>
Wipe down trash can	<input type="radio"/>
Mop/clean the floor	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>

MONTHLY TASKS	
Deep clean the fridge	<input type="radio"/>
Clean out freezer	<input type="radio"/>
Clean the oven	<input type="radio"/>
Declutter pantry and cabinets	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>
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