

How Often to Clean Everything

Every job in the house by frequency, from daily to twice a year. The reference, on one page.

Halve every descaling interval in a hard water area. Add a second floors day if you have pets. Bedding goes weekly and hot if anyone has allergies or asthma.

EVERY DAY

- ☐ Kitchen surfaces and sink, last thing at night
- ☐ Move one load of washing along a stage
- ☐ Five-minute tidy of the room you use most
- ☐ Air the bedroom for ten minutes

EVERY WEEK

- ☐ Bathrooms: loo, sink, mirror, quick shower pass
- ☐ Vacuum the rooms you actually use
- ☐ Change bed linen
- ☐ Dust at eye level, clean mirrors
- ☐ Wash bath mats and tea towels
- ☐ Empty and wipe the bin

EVERY ONE TO THREE MONTHS

- ☐ Descale the kettle
- ☐ Dishwasher cleaner cycle and filter
- ☐ Washing machine cleaner cycle and door seal
- ☐ Descale the shower head
- ☐ Clean the bathroom extractor fan cover
- ☐ Degrease the kitchen extractor filter
- ☐ Vacuum and rotate the mattress
- ☐ Check smoke alarm batteries

EVERY SIX MONTHS TO A YEAR

- ☐ Wash the duvet and pillows themselves
- ☐ Wash curtains
- ☐ Clean windows, tracks and sills
- ☐ Clean light fittings and lampshades
- ☐ Clean the oven properly, glass included
- ☐ Move big appliances, clean behind

NOTES
