

WORKING MOMS CLEANING LIST

Under 5 minutes

- Wash the dishes /empty the dishwasher
- Empty the kitchen bin
- Sweep the kitchen floor
- Plan what's for dinner
- Write a shopping list
- Put away 3 items of clutter
- Hang out the washing or put it in the tumble drier
- Feather dust a room
- Make a bed
- Pay a bill
- Check your calendar
- Delete 10 emails from your inbox
- Write a birthday card
- Wrap a present.
- Make an appointment.
- Wipe down light switches
- Shake door mats
- mop the floor
- pick up stuff from the floor
- straighten the cushions
- bleach or disinfect the drains
- vacuum a bedroom
- wipe the downstairs loo and sink
- clean a couple of mirrors

Under 10 minutes

- Organize/ declutter the fridge
- Do one load of laundry
- Disinfect the kitchen surfaces
- Clean the bathroom sink and loo
- Vacuum the living room
- Vacuum the hall and stairs
- Clean the mirrors
- Strip and remake a bed
- Put clothes away
- Declutter an area
- Disinfect the bin
- Disinfect the wheelie bins
- Clean the front door
- Clean 2 windows
- Tidy or declutter a drawer
- Do a weekly meal plan.
- Wipe down the kitchen cupboard doors

Under 30 minutes

- Do 30 minutes of ironing
- Strip all the beds
- Clean all the windows
- Declutter a kitchen cupboard
- Clean the oven
- Vacuum under the sofa cushions
- Vacuum under the furniture
- Clean under the bed
- Deep clean the bathroom
- Deep clean any room
- Vacuum the couch
- File some paperwork
- Polish the furniture