

MONTHLY CHORE CALENDAR

Week 1

A CLEAN HOME ♥ A CALMER MIND

MONDAY



— Laundry Day —

- ☐ Laundry #1
- ☐ Dust shelves & furniture
- ☐ Vacuum floors
- ☐ Change bed sheets
- ☐ Clean mirrors & glass



TUESDAY



- ☐ Mop floors
- ☐ Deep clean bathroom (toilet, sink, shower)
- ☐ Wipe kitchen appliances
- ☐ Clean kitchen sink



WEDNESDAY



- ☐ Vacuum thoroughly
- ☐ Dust bedrooms & living areas
- ☐ Clean inside fridge & organize
- ☐ Declutter one small area



THURSDAY



— Laundry Day —

- ☐ Laundry #2
- ☐ Clean bathrooms (light refresh)
- ☐ Sweep floors
- ☐ Kitchen reset



FRIDAY



- ☐ Light vacuum
- ☐ Wipe doors & handles
- ☐ Tidy entryway
- ☐ Catch up on anything missed



SATURDAY



- ☐ Quick whole-house tidy
- ☐ Sweep
- ☐ Empty garbage / recycling
- ☐ 15-minute declutter



SUNDAY



REST DAY

No chores



MONTHLY CHORE CALENDAR

Week 2

A CLEAN HOME ♥ A CALMER MIND

MONDAY



— Laundry Day —

- ☐ Laundry #1
- ☐ Dust furniture & shelves
- ☐ Vacuum floors
- ☐ Change bed sheets
- ☐ Clean mirrors & glass



TUESDAY



- ☐ Mop floors
- ☐ Deep clean bathroom (toilet, sink, shower)
- ☐ Wipe kitchen appliances
- ☐ Clean garbage bins



WEDNESDAY



- ☐ Vacuum thoroughly
- ☐ Clean inside cabinets & drawers (one kitchen section)
- ☐ Organize pantry
- ☐ Dust



THURSDAY



— Laundry Day —

- ☐ Laundry #2
- ☐ Bathroom refresh (toilet, sink, shower)
- ☐ Sweep floors
- ☐ Kitchen reset



FRIDAY



- ☐ Light vacuum
- ☐ Wipe doors & handles
- ☐ Tidy entryway
- ☐ Catch up on anything missed



SATURDAY



- ☐ Quick whole-house tidy
- ☐ Sweep
- ☐ Empty garbage / recycling
- ☐ 15-minute declutter



SUNDAY



— ♥ —
REST DAY
No chores



MONTHLY CHORE CALENDAR

Week 3

A CLEAN HOME ♥ A CALMER MIND

MONDAY



— Laundry Day —

- ☐ Laundry #1
- ☐ Dust furniture & shelves
- ☐ Vacuum floors
- ☐ Change bed sheets
- ☐ Clean mirrors & glass



TUESDAY



- ☐ Mop floors
- ☐ Deep clean bathroom (toilet, sink, shower)
- ☐ Deep clean stovetop
- ☐ Wipe kitchen appliances



WEDNESDAY



- ☐ Vacuum thoroughly
- ☐ Clean inside cabinets & drawers (one kitchen section)
- ☐ Organize bathroom storage
- ☐ Dust



THURSDAY



— Laundry Day —

- ☐ Laundry #2
- ☐ Bathroom refresh (toilet, sink, shower)
- ☐ Sweep floors
- ☐ Kitchen reset



FRIDAY



- ☐ Light vacuum
- ☐ Wipe doors & handles
- ☐ Tidy entryway
- ☐ Catch up on anything missed



SATURDAY



- ☐ Quick whole-house tidy
- ☐ Sweep
- ☐ Empty garbage / recycling
- ☐ 15-minute declutter



SUNDAY



— ♥ —
REST DAY
No chores



MONTHLY CHORE CALENDAR

Week 4

A CLEAN HOME ♥ A CALMER MIND

MONDAY



— Laundry Day —

- ☐ Laundry #1
- ☐ Dust furniture & shelves
- ☐ Vacuum floors
- ☐ Change bed sheets
- ☐ Clean mirrors & glass



TUESDAY



- ☐ Mop floors
- ☐ Deep clean bathroom (toilet, sink, shower)
- ☐ Deep clean oven & stovetop
- ☐ Wipe kitchen appliances



WEDNESDAY



- ☐ Vacuum thoroughly
- ☐ Clean inside cabinets & drawers
- ☐ Clean kitchen & bathroom storage
- ☐ Wash garbage bins



THURSDAY



— Laundry Day —

- ☐ Laundry #2
- ☐ Bathroom refresh (toilet, sink, shower)
- ☐ Sweep floors
- ☐ Fridge check/clean



FRIDAY



- ☐ Light vacuum
- ☐ Wipe switches, handles & doors
- ☐ Tidy bedrooms
- ☐ General tidy (what needs it most)



SATURDAY



- ☐ Monthly catch-up
- ☐ Declutter / donate
- ☐ Garbage / recycling
- ☐ Prepare for next month



SUNDAY



— ♥ —
REST DAY
No chores

