



5-Minute Cleaning Ideas



LIVING ROOM

- ☐ Wipe down the coffee table.
- ☐ Wipe down the end tables.
- ☐ Tidy the TV stand.
- ☐ Wipe down the top and back of the TV.
- ☐ Wipe down or dust the picture frames.
- ☐ Vacuum the couch cushions.
- ☐ Vacuum under the couch cushions.
- ☐ Wipe down the windowsills.
- ☐ Clean glass surfaces.
- ☐ Sweep or vacuum the floor (or around the coffee table and couch).
- ☐ Wipe down the door handles and light switches.
- ☐ Sanitize the TV remotes.
- ☐ Clean the ceiling corners (e.g., cobwebs).
- ☐ Remove a couple wall scuff marks.
- ☐ Clean the blinds from one window.
- ☐ Polish a piece of wood furniture.
- ☐ Open the windows and air out the room.
- ☐ Clean the baseboards.
- ☐ Dust lampshades.
- ☐ Dust lamp bases.
- ☐ Dust a couple of bookshelves.
- ☐ Wipe down the window glass.
- ☐ Dust a few decorative objects.
- ☐ Dust the ceiling fan.
- ☐ Tidy the throw blankets.

GENERAL

- ☐ Check and clean / change the air purifier filter if needed.
- ☐ Sanitize your phone case.
- ☐ Clean the mailbox.
- ☐ Wipe down the porch light fixtures.
- ☐ Clean behind one piece of wall art.
- ☐ Sanitize door handles.
- ☐ Vacuum the entryway.
- ☐ Straighten shoes by the entryway.
- ☐ Wipe down a dusty surface.
- ☐ Put away a couple of items left out.
- ☐ Clean a mirror.
- ☐ Vacuum a small area.
- ☐ Dust a couple windowsills.
- ☐ Remove cobwebs.
- ☐ Put away some dirty dishes.
- ☐ Shake out the entryway mat.
- ☐ Wipe down the front door.
- ☐ Wipe down stair railings.
- ☐ Dust the baseboards in a small area.
- ☐ Rinse and wipe the detergent drawer, if easily removable.

BEDROOM

- ☐ Make the bed.
- ☐ Clean the tops of the nightstands.
- ☐ Dust the top of the bed frame.
- ☐ Vacuum around the bed.
- ☐ Straighten and fluff the pillows.
- ☐ Wipe down the top of the dresser.
- ☐ Put away clothes lying around (as many as you can in 5 min).
- ☐ Clean the ceiling fan.
- ☐ Clean the light fixtures.
- ☐ Clean the baseboards.

KITCHEN

- ☐ Wipe down the countertops.
- ☐ Clean the kitchen sink.
- ☐ Clean the kitchen faucet.
- ☐ Wipe the stovetop.
- ☐ Wipe down the front of the cabinets.
- ☐ Clean the inside of the microwave.
- ☐ Wipe down the outside of the refrigerator.
- ☐ Clean the refrigerator door seal.
- ☐ Clean the backsplash behind the stove.
- ☐ Vacuum or sweep the kitchen floor.
- ☐ Toss three expired foods from the fridge or pantry.
- ☐ Clean the oven door.
- ☐ Wipe down 1-2 small appliances that are on the countertop.
- ☐ Tidy any cookbooks that are in the kitchen.
- ☐ Wipe the dining table.
- ☐ Empty the bins.
- ☐ Clean the top of the fridge (if not built-in).
- ☐ Wipe down the window blinds (or a section of the blinds).
- ☐ Wipe down the windowsill.
- ☐ Clean the refrigerator's ice and water dispenser tray.
- ☐ Wipe down a couple pantry shelves.
- ☐ Clean crumbs out of the toaster tray.
- ☐ Wipe down the handles of a couple drawers.
- ☐ Wipe down the dishwasher exterior.
- ☐ Clean the coffee maker.

BATHROOM

- ☐ Clean the toothbrush holder.
- ☐ Clean the bathroom sink.
- ☐ Clean and shine the faucets
- ☐ Wipe down the mirror.
- ☐ Replace towels with clean ones.
- ☐ Wipe down the cabinet fronts.
- ☐ Wipe down the toilet seat.
- ☐ Wipe down the exterior of the toilet.
- ☐ Apply toilet bowl cleaner.
- ☐ Scrub the toilet bowl.
- ☐ Wipe down the shower door.
- ☐ Wipe down the bathtub.
- ☐ Sanitize the light switches.
- ☐ Clean the shower head.
- ☐ Replace the rug/mat with a clean one.
- ☐ Empty the bin and replace the liner.
- ☐ Wipe down the counters.
- ☐ Dust the windowsill.
- ☐ Wipe down a wall.
- ☐ Clean the exhaust fan cover.
- ☐ Wipe down shelves.
- ☐ Clean the soap dish or dispenser.
- ☐ Clean the floor.
- ☐ Wipe down the towel bars.
- ☐ Wipe down the shower walls (or a section).

- ☐ Change the pillowcases.
- ☐ Change the bedsheets.
- ☐ Tidy one dresser drawer.
- ☐ Wipe down the closet door.
- ☐ Dust the lamps.