

# MONTHLY CLEANING TRACKER

BUILD A CLEAN, CALM HOME ONE MONTH AT A TIME.

MONTH OF: \_\_\_\_\_

## Monthly Focus

WRITE YOUR INTENTION FOR THIS MONTH (DECLUTTER, MAINTAIN, DEEP CLEAN, RESET...)

## CLEANING TASKS TO TRACK THIS MONTH

|                                    | W1                       | W2                       | W3                       | W4                       | W5                       |
|------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| DECLUTTER HIGH-CLUTTER SPOTS       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| WIPE BASEBOARDS                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DEEP CLEAN KITCHEN (OVEN / FRIDGE) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| BATHROOM DEEP CLEAN                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| CHANGE BED SHEETS WEEKLY           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| VACUUM + MOP ALL FLOORS            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| WASH TOWELS & BATH MATS            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| TIDY ENTRYWAY / SHOES AREA         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

NOTES & MONTHLY INSIGHTS  
WHAT FELT EASIEST THIS MONTH?  
WHAT WILL YOU IMPROVE NEXT MONTH?

## BONUS CLEANING TASKS

- CLEAN WINDOWS
- WASH CURTAINS OR BLINDS
- DEEP CLEAN COUCH
- ORGANIZE A CLOSET
- FRESHEN UP OUTDOOR SHOES

**SMALL CLEANING MOMENTS  
CREATE A CALM, INTENTIONAL HOME.**