



# Cleaning Schedules: Tips and Tricks!

*We find ourselves the most happy, balanced and relaxed when we are living and working in a clean environment. Knowing when certain chores need to be done in order to maintain this though, can be tricky. This simple guide gives us the know how on when to tackle these tasks!*

## Short Term Tasks (Once a Week)

- Laundry**— Usually best for once a week, depending upon how many individuals laundry you may have in your household. Sheets should be included!
- Vacuum**— If you start to see small bits of dirt on your floor, it's time to vacuum!
- Dusting**— Dusting is a weekly chore that helps keep the air feel clean.
- Sinks**— It's important to have a grunge free sink, toothpaste and scrub can build up fast!
- Toilets**— Once a week or more. It's an unpleasant but vital chore.
- Sweeping**— Sweeping helps prevent pests! If you have children, once a day may be needed!

## Medium Term Tasks (Twice a Month)

- Windows**— Clear windows means a clear view! This can be left to twice a month.
- Shower**— In order to prevent mildew, it's best to clean the shower/tub every other week.

## Long Term Tasks (Once a Month—Once Every Other Month)

- Blankets**— Comforters, blankets and duvets should be washed once a month, to once every other month depending upon their wear.
- Furniture**— Once a month to once every other month should be enough for furniture.