

Kitchen Cleaning

Daily

	Su	Mo	Tu	We	Th	Fr	Sa
Wash dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dry dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Load/unload dishwasher	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe down sink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe down counters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Empty drain catchers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Empty trash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Empty recycling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Empty compost	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweep floors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Defrost tomorrow's ingredients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly

Wipe down microwave	<input type="checkbox"/>
Wipe down stovetop	<input type="checkbox"/>
Wipe down toaster	<input type="checkbox"/>
Wipe down baseboards	<input type="checkbox"/>
Mop floors	<input type="checkbox"/>
Laundry kitchen towels	<input type="checkbox"/>
Clear out fridge	<input type="checkbox"/>
Clear out freezer	<input type="checkbox"/>
Throw out expired/duplicate items	<input type="checkbox"/>
Dust ceiling fans	<input type="checkbox"/>
Make meal plan	<input type="checkbox"/>
Make shopping list	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Monthly

Clean the oven	<input type="checkbox"/>
Clean stove grates	<input type="checkbox"/>
Clean under the sink	<input type="checkbox"/>
Clean out/wipe down fridge	<input type="checkbox"/>
Wipe down cabinets	<input type="checkbox"/>
Wipe down pantry shelves	<input type="checkbox"/>
Wipe down backsplashes	<input type="checkbox"/>
Organize pantry	<input type="checkbox"/>
Wash/disinfect bins	<input type="checkbox"/>
Change filters	<input type="checkbox"/>
Vacuum behind the oven	<input type="checkbox"/>
Organize Tupperware	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Decluttering

Pots and pans	<input type="checkbox"/>	Mixing bowls	<input type="checkbox"/>
Baking dishes	<input type="checkbox"/>	Tupperware	<input type="checkbox"/>
Dishes	<input type="checkbox"/>	Spices and oils	<input type="checkbox"/>
Glasses and mugs	<input type="checkbox"/>	Grains	<input type="checkbox"/>
Silverware	<input type="checkbox"/>	Canned food	<input type="checkbox"/>
Cooking utensils/spoons	<input type="checkbox"/>	Cleaning supplies	<input type="checkbox"/>