

WHOLE HOME CLEANING PRINTABLE PACKAGE

THE SECRET SLOB

Hello!

Thank you for purchasing 'The Secret Slob Whole House Cleaning Printable Package'!

I use these exact lists every single day to help me keep my home organized and prevent chores from building up and stressing me out! The biggest secret to making this system work is tackling it **a little bit each day**. Some days will go better than others, that is normal. Just keep going, get done what you can with the time and energy you have. Eventually, the house will get to a place where you are just having to do a bit of daily maintenance. Make sure to stop by my YouTube channel for tons of helpful videos and explanations of how the system works in real life.

A clean and clutter free home - here we come!

Weekly Cleaning Sheet

Your plan for every day.

Think about what needs to get done; and what you know you are able to accomplish every day. **Keep it simple.** Remember, it is easier and more effective to start with a few basics (2 or 3 tasks) and add in others later as needed. Try to organize the day so you are making your evenings easier in the morning (prepping food for dinner early) and making your mornings easier in the evening (setting items needed at the door). Choose the tasks that will have the biggest positive impact for your life!

Here are a few example tasks that you may want to add to your routines section:

MORNING

- MAKE THE BED
- GET DRESSED
- UNLOAD DISHWASHER
- PUT AWAY DISHES
- START LAUNDRY
- WIPE BATHROOMS
- SWITCH OVER LAUNDRY
- DECLUTTER
- CHECK EMAILS
- FEED KIDS
- EAT BREAKFAST
- DINNER PREP
- REVIEW PLAN FOR THE DAY
- CHECK YOUR CALENDAR

EVENING

- POWER TIDY
- FLOOR CHECK
- CLEAR HOT SPOT
- START DISHWASHER
- SHINY SINK
- PREP FOR TOMORROW
- PLAN TOMORROW
- CHECK CALENDAR
- MAKE TO-DO LIST
- SUPPER PREP
- FOLD LAUNDRY
- PUT AWAY LAUNDRY
- PREP FOR TOMORROW

OTHER

- FEED PETS/WALK PETS
- DRINK WATER
- EXERCISE
- GET TO BED EARLY
- MEDICATIONS
- VITAMINS
- MEDITATE
- JOURNAL
- GARDEN
- OUTSIDE TIME

Weekly Cleaning Sheet

DAILY FOCUS

Split up all of the 'big stuff' into one thing to focus on every day. Assign one focus to each day and take 5-15 minutes to complete the task. It won't get forgotten and will save you loads of time and stress in the long run. Change it up or add a different focus that suits your life, remember this system is working for YOU, not the other way around!

Weekly Home Reset - Work on each of the 6 tasks below in the main traffic areas of your house for 10 minutes and STOP. The total time for this is no more than 60 minutes. You can spread the tasks out over the week, split it up with other family members, or blast it off in one power hour (don't forget your music!). Doing the weekly reset every week will keep your house clean enough and ready to go!

Change Sheets, Empty Garbages, Polish Mirrors, Dust, Mop, Vacuum

Plan & Pay & Plants - Water plants, open mail, pay bills, write cards, clear paperwork, file/shred papers, schedule appointments and make fun plans for the upcoming week.

Anti-Procrastination - Clean something, finish a nagging task, return something, buy something, call someone, write an email, make an appointment.

Self Care - Alone time, walk, stretch, massage, read, audiobooks, bath, face mask, go out for fancy coffee, light a candle, watch your favourite movie, cook your favourite food, talk to a friend, drink a hot bevy, dream planning (vacation, job, etc), dance party, do a hobby you love, unplug from tech, time in nature.

Yard care & maintenance - Weed/water the garden, mow lawns, add decor, sweep walkways, shovel snow.

Errands - Groceries, gifts, pay bills, run errands, gas station etc.

Car & Bag - Clear your purse, bag, fanny pack, diaper bag etc, toss or file receipts, toss garbage, organize cards, empty extra loose change, restock necessities. Clean out vehicle: toss garbage, restock emergency supplies, wipe surfaces, quick vacuum or car wash.

Weekly Cleaning Sheet

MEAL PLAN

The easiest way to come up with a list of ideas for your meal plan is to track what you are currently eating. Keep a list and write down what you eat every night. After a month you will have a nice list of ideas. Fill in your meal plan as an inspiration list. Life changes on the fly and we have to be flexible. List meals that you know how to make and have the ingredients for, then every day, just pick one off the list that suits you and your family for that day.

.....

Here are a few easy meal ideas to get you started! I usually just type the meal I want to make plus 'easy' into Pinterest or Google to find a quick and simple recipe. Make sure to add in your favourites!

TACOS - FISH, MEAT, BEAN
QUESADILLAS
ENCHILADAS
BEEF STEW
CHICKEN POT PIE
PIZZA (MAKE YOUR OWN)
MEAL SALAD - TOFU, SHRIMP, CHICKEN
STIR FRY - CHICKEN, SHRIMP, TOFU
SPAGHETTI - MEAT/VEGGIE SAUCE
CHICKEN PASTA BAKE
FALAFEL PITAS
SUSHI ROLL IN A BOWL
EGG ROLL IN A BOWL
CHILI - MEAT, BEAN, WHITE CHICKEN
PORK TENDERLOIN
CHICKEN DRUMSTICKS

LASAGNA - MEAT, VEGGIE,
TACO SALAD
MEATLOAF
POT ROAST
CHICKEN SALAD
LETTUCE WRAPS
QUICHE
SHEPHERD'S PIE
BEEF ON A BUN
PULLED PORK SANDWICHES
BANGERS & MASH POTATOES
SOUP
HAMBURGERS
MEATBALLS
SALAD ROLLS
CURRY - INDIAN, THAI

WEEKLY CLEANING SCHEDULE

ROUTINES

Morning

M	T	W	R	F	Sa	Su
<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"/>
<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"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EVENING

M	T	W	R	F	Sa	Su
<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"/>
<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"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ZONE CLEANING

<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"/>

15

15

15

15

MENU

DAILY FOCUS

Monday | Weekly home blessing

- Change sheets
- Mirrors
- Vacuum
- Empty garbages
- Dust
- Mop

Tuesday | Plan & play

Wednesday | Anti-procrastination

Thursday | Errands

Friday | Car & bag

Weekend

REMINDERS

Detailed Cleaning List

ZONE CLEANING

This is where we get some deeper cleaning done. First, divide your house into 4-6 areas (we call them zones) and determine what needs to be cleaned to keep those areas spic and span! Try to split your house up so similar rooms are grouped together and the amount of time needed to clean each zone is approximately the same.

.....

During zone cleaning, we are doing a much more thorough and deep cleaning than during the weekly home blessing. Each week we tackle one zone and try to spend 1 hour doing deep cleaning. I usually complete the hour in 15-30 minute chunks, but how you divide the time is up to you! The following week, move on to the next zone. We won't get through the whole list in one week, so just hang onto it and carry on the next time you are in that zone. This way, each area of our house gets detailed attention on a regular basis. Make sure to watch my 'Zone Cleaning for Beginners' series on YouTube to see exactly how the system works!

Detailed Cleaning List

ZONE CLEANING TASKS

Add the tasks that apply to your house to your detailed cleaning checklist

ENTRANCES

- Dust sills & doors
- Light fixtures
- Fan
- Dust knick-knacks / art
- Clean closet shelving
- Clean shoe rack
- Dust blinds
- Vacuum / wash curtains
- Vacuum carpet
- Shower plants
- Clean cubbies
- Wipe walls
- Clean furniture/drawers
- Baseboards
- Straighten closet
- Windows
- Vacuum floor
- Mop floor

PORCH/PATIO

- Tidy plants
- Clean plant pots
- Sweep cobwebs
- Sweep porch
- Clean furniture
- Wipe lights
- Clean doors & knobs

DINING ROOM

- Dust sills & doors
- Light fixtures
- Fan
- Dust knick knacks / art
- Dust blinds
- Vacuum / wash curtains
- Clean china cabinet
- Dust blinds
- Clean furniture
- Clean drawers
- Clean table & chairs
- Shower plants
- Baseboards
- Windows
- Vacuum floor
- Mop floor
- Wipe walls

GARAGE

- Clean floor
- Recycling
- Garbage
- Tidy work areas
- Organize shelving

KITCHEN

- Clean fridge
- Clean freezer
- Clean chest freezer
- Clean garbage cans
- Dust knick-knacks & art
- Clean shelving
- Clean vent hood
- Clean microwave
- Wipe cabinet fronts
- Lights / Fan
- Clean small appliances
- Garbage disposal
- Water dispenser
- Clean dishwasher
- Dust blinds
- Vacuum /wash curtains
- Shower plants
- Declutter pantry
- Wipe inside cupboards
- Clean drawers
- Wipe walls
- Clean furniture
- Baseboards
- Straighten closet
- Windows
- Vacuum floor
- Mop floor

Detailed Cleaning List

ZONE CLEANING TASKS cont'd

BATHROOM

- Dust sills & door
- Clean vanity
- Lighting fixtures
- Fan
- Declutter toiletries
- Tidy drawers
- Baseboards
- Wipe walls
- Wash mats
- Outside of toilet
- Bathtub / Shower
- Dust blinds
- Vacuum / wash curtains
- Windows
- Vacuum floor
- Mop floor

LAUNDRY ROOM

- Dust sills & door
- Light fixtures
- Wipe machines
- Clean washer
- Vacuum lint drawer
- Clean linen closet
- Shine sink
- Windows
- Wipe walls
- Vacuum floor
- Mop floor

BEDROOMS

- Dust sills & doors
- Baseboards
- Light fixtures
- Fan
- Dust knick-knacks & art
- Clean furniture
- Vacuum mattress
- Turn mattress
- Clean drawers
- Clean closet
- Wipe walls
- Clean curtains & blinds
- Windows
- Lights / Fan
- Clean & declutter toys
- Vacuum Floor
- Mop Floor

HALL/STAIRS

- Dust sills & doors
- Shower plants
- Clean furniture
- Baseboards
- Lights
- Windows
- Wipe walls
- Vacuum / Mop
- Lights / Fan

LIVING ROOM

- Dust sills & doors
- Baseboards
- Light fixtures
- Fan
- Dust knick-knacks & art
- Clean furniture
- Tidy drawers
- Shower plants
- Windows
- Clean curtains / blinds
- Wipe walls
- Clean fireplace
- Vacuum floor
- Mop floor

DEN/OFFICE

- Dust sills & doors
- Baseboards
- Light fixtures
- Dust art & knick-knacks
- Clean furniture
- Tidy drawers
- Shower plants
- Windows
- Curtains/blinds
- Vacuum / Mop
- Wipe walls

DETAILED CLEANING LIST

ZONE 1 - WELCOME HOME ZONE

ROUTINES

- Dust sills & door
- Clean furniture
- Baseboards
- Straighten closet
- Windows
- Vacuum
- Mop
- Wipe walls
- Shower plants
-
-

GARAGE

- Tidy
- Organize
- Dust surfaces
- Wipe walls
- Sweep floor
-
-
-
-
-
-

DINING ROOM

- Dust sills & door
- Clean furniture
- Clean drawers
- Clean table & chairs
- Shower plants
- Baseboards
- Windows
- Vacuum
- Mop
- Wipe walls
-

PORCH / PATIO

- Sweep cobwebs
- Sweep porch
- Clean furniture
- Wipe lights
- Clean door & knobs
-
-
-
-
-
-

ZONE 2 - FOOD ZONE

KITCHEN

- Dust sills & door
- Clean furniture
- Baseboards
- Clean kick plates
- Windows
- Vacuum
- Mop
- Wipe walls
- Clean dishwasher
- Clean stove top
- Clean oven

KITCHEN

- Clean fridge
- Clean freezer
- Clean chest freezer
- Clean garbage can
- Wash knick-knacks
- Clean shelves
- Clean vent hood
- Under sink
- Microwave
- Wipe cabinet fronts
- Lights / Fan

CUPBOARDS

- Cutlery
- Dry goods
- Spices
- Pots & pans
- Dishes
- Tupperware
- Glasses
- Baking dishes
- Prep dishes
- Cooking utensils
-

OTHER

-
-
-
-
-
-
-
-
-
-
-

ZONE 3 - SPLASH ZONE

BATHROOM 1

- Dust sills & door
- Clean vanity
- Tidy drawers
- Baseboards
- Lights
- Wipe walls
- Wash mats
- Outside of toilet
- Bathtub / shower
- Vacuum
- Mop

BATHROOM 2

- Dust sills & door
- Clean vanity
- Tidy drawers
- Baseboards
- Lights
- Wipe walls
- Wash mats
- Outside of toilet
- Bathtub / shower
- Vacuum
- Mop

BATHROOM 3

- Dust sills & door
- Clean vanity
- Tidy drawers
- Baseboards
- Lights
- Wipe walls
- Wash mats
- Outside of toilet
- Bathtub / shower
- Vacuum
- Mop

LAUNDRY

- Dust sills & door
- Clean furniture
- Baseboards
- Straighten closet
- Windows
- Vacuum
- Mop
- Wipe walls
- Shower plants
-
-

DETAILED CLEANING LIST

ZONE 4 - SWEET DREAMS ZONE

BEDROOM 1

- Dust sills & door
- Baseboards
- Clean furniture
- Tidy drawers
- Tidy closet
- Mop / vacuum
- Wipe walls
- Windows
- Lights / Fan
-
-

BEDROOM 2

- Dust sills & door
- Baseboards
- Clean furniture
- Tidy drawers
- Tidy closet
- Mop / vacuum
- Wipe walls
- Windows
- Lights / Fan
-
-

BEDROOM 3

- Dust sills & door
- Baseboards
- Clean furniture
- Tidy drawers
- Tidy closet
- Mop / vacuum
- Wipe walls
- Windows
- Lights / Fan
-
-

BEDROOM 4

- Dust sills & door
- Baseboards
- Clean furniture
- Tidy drawers
- Tidy closet
- Mop / vacuum
- Wipe walls
- Windows
- Lights / Fan
-
-

ZONE 5 - FAMILY ZONE

LIVING ROOM

- Dust sills & door
- Baseboards
- Clean furniture
- Tidy drawers
- Shower plants
- Windows
- Curtains / blinds
- Vacuum / mop
- Wipe walls
- Lights / fan
-

DEN / OFFICE

- Dust sills & door
- Baseboards
- Clean furniture
- Tidy drawers
- Shower plants
- Windows
- Curtains / blinds
- Vacuum / mop
- Wipe walls
- Lights / fan
-

HALL / STAIRS

- Dust sills & door
- Shower plants
- Clean furniture
- Baseboards
- Lights
- Windows
- Wipe walls
- Vacuum / mop
- Lights / fan
-
-

BASEMENT

- Dust sills & door
- Baseboards
- Clean furniture
- Floors
- Wipe walls
- Windows
- Lights / fan
-
-
-

-
-
-
-
-
-
-
-
-
-
-

-
-
-
-
-
-
-
-
-
-
-

-
-
-
-
-
-
-
-
-
-
-

-
-
-
-
-
-
-
-
-
-
-

