

# WEEKLY CLEANING PLANNER

**STEP 1:** FILL IN ALL YOUR COMMITMENTS: WORK, HOBBIES, CHILDCARE, REGULAR APPOINTMENTS & SOCIAL COMMITMENTS.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							

**STEP 2:** LOOK AT WHERE YOU HAVE MORE FREE TIME, WHERE YOU WOULD LIKE TIME OFF AND DECIDE WHERE YOU SHOULD SCHEDULE ALL YOUR CLEANING TASKS THROUGHT THE WEEK. THINK ABOUT THE TIME OF DAY, DAY OF THE WEEK AND YOUR ENERGY LEVELS. *BE KIND TO YOURSELF.*