HER QUIET HOURS

Your Daily & Weekly Reset

Simple, realistic routines for a calmer home.

DAILY | 10–15 MINUTE RESET

- [ ] Make the bed
- [ ] Wash dishes or load dishwasher
- [ ] Wipe kitchen counters and dining table
- [ ] Tidy the living room
- [ ] Put away stray items
- [ ] Wipe bathroom sink if needed
- [ ] Sweep busy areas if needed
- [ ] Empty bins when full

WEEKLY | ROOM-BY-ROOM

Bedrooms

- [ ] Change bedsheets
- [ ] Dust surfaces
- [ ] Tidy clothes and vacuum floors

Bathrooms

- [ ] Clean toilet, sink and mirror
- [ ] Scrub shower or tub
- [ ] Replace towels and mop floor

Kitchen

- [ ] Clean microwave and sink
- [ ] Wipe appliance exteriors
- [ ] Check fridge and mop floor

Living areas & laundry

- [ ] Dust and vacuum common areas
- [ ] Wash, fold and put away laundry
- [ ] Empty bins and take out recycling

Monthly Deep-Clean Checklist

Choose a few tasks each week. Not everything needs doing at once.

Kitchen

- [ ] Wipe refrigerator shelves and drawers
- [ ] Clean oven if needed
- [ ] Clean range hood and grease filters
- [ ] Wipe inside frequently used cabinets
- [ ] Clean toaster and small appliances
- [ ] Check and organize pantry

Bathrooms

- [ ] Scrub grout or buildup as needed
- [ ] Wash shower curtain/liner as directed
- [ ] Clean storage shelves and drawers
- [ ] Remove faucet mineral buildup

Living spaces

- [ ] Dust baseboards
- [ ] Clean window sills and tracks
- [ ] Dust light fixtures and ceiling fans
- [ ] Vacuum under accessible furniture
- [ ] Wash throws as needed
- [ ] Vacuum upholstery and mattresses

General home

- [ ] Wipe doors and door frames
- [ ] Wash garbage bins
- [ ] Organize one drawer or cupboard
- [ ] Restock cleaning essentials
- [ ] Check appliance filter instructions

Adjust frequency to your home and appliance care instructions.

HER QUIET HOURS

My Weekly Cleaning Planner

A flexible plan you can reuse every week.

WEEK OF: _____

MONDAY

- [ ] _____
- [ ] _____
- [ ] _____

TUESDAY

- [ ] _____
- [ ] _____
- [ ] _____

WEDNESDAY

- [ ] _____
- [ ] _____
- [ ] _____

THURSDAY

- [ ] _____
- [ ] _____
- [ ] _____

FRIDAY

- [ ] _____
- [ ] _____
- [ ] _____

SATURDAY

- [ ] _____
- [ ] _____
- [ ] _____

SUNDAY

- [ ] _____
- [ ] _____
- [ ] _____

REMINDER: A tidy home is a process, not a perfection contest.