

Small-Space Weekly Cleaning Schedule

A small space still needs regular cleaning, but trying to deep clean the whole flat in one go every week is exhausting and easy to fall behind on. This schedule spreads tasks across the week instead, so no single day feels overwhelming.

Monday	☐ Kitchen surfaces and appliances wipe-down
Tuesday	☐ Bathroom clean (sink, toilet, shower/tub)
Wednesday	☐ Floors throughout (vacuum/sweep, mop where needed)
Thursday	☐ Dusting surfaces, shelves, and skirting boards
Friday	☐ Laundry and changing bedding
Saturday	☐ A deeper task on rotation (windows, oven, fridge — one per week)
Sunday	☐ Quick reset — tidy surfaces, declutter any stray items, prep for the week ahead



Why splitting tasks across the week works better

When every cleaning task is saved for one big weekend session, it's the first thing to get skipped when life gets busy. Spreading smaller tasks across each day of the week keeps everything manageable — most days only take ten to fifteen minutes, which is far easier to actually stick to long-term than one exhausting two-hour block.



How to use it

Print it out and stick it somewhere visible (inside a cupboard door works well if you'd rather not have it on display), or keep a photo of it on your phone as a reminder. The specific days don't need to match exactly what's listed — swap them to fit your own schedule, the structure is what matters, not the exact day assignments.



A note on the 'deeper task' rotation

Saturday's rotating task (windows, oven, fridge, and similar less-frequent jobs) is deliberately spread across several weeks rather than done all at once. Trying to fit every deep-clean task into a single week is exactly the kind of thing that leads to burnout and abandoning the whole system — better to do one deeper task well each week than four done half-heartedly.