

CLEAN MAMA'S

CLEANING

ROUTINE BASICS

**A GUIDE TO A
SUCCESSFUL START**





Hey there! I'm Becky from Clean Mama...

Thanks for checking out my little corner of the internet! This little packet is my way of sitting down over coffee or tea and walking you through the Clean Mama Routine. I know you're busy and overwhelmed. Think of me as a friend that is super excited about that new thing and she is explaining it to you. Your first response is "what?" But as she takes the time to explain it, it makes sense and sounds like something you might be interested in. After all, cleaning is better with friends. Let's chat!

xo, Becky

LOOKING FOR MORE TIPS & TRICKS? VISIT CLEANMAMA.COM!

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Routine at a Glance

There are 4 components to the Clean Mama Routine. Once you start implementing these 4 components you'll see how easy it is to remember and incorporate them into your schedule.

At first glance, all these to-dos might seem like a lot but once you have an understanding of them, it's simple and easy to follow.

1. START WITH THE 5 DAILY TASKS

Completed daily, these tasks are the secret to keeping your home tidy most of the time.

- MAKE BEDS
- CHECK FLOORS
- WIPE COUNTERS
- TACKLE CLUTTER
- DO LAUNDRY

The Daily Tasks can happen in any order that works for you, I like to make beds and get a load of laundry started first thing in the morning and the other tasks take place throughout the day. Take just a couple minutes each to complete.

✦ ✦ *Everyday a little something!*

2. THE WEEKLY TASKS

After you have a handle on the Daily Tasks, it's time to learn the Weekly Tasks. These tasks take 10-30 minutes a day once you get in the swing of the Clean Mama Routine. Set a timer for the amount of time you have, if you don't complete something, finish it up on Friday or save it for the next week.



MONDAY: BATHROOMS

Use my Bathroom Quick Clean method featured in the home section of this planner to clean your bathrooms in 15 minutes!



TUESDAY: DUSTING

Dusting can be easy and fun; the secret is to dust weekly so the dust doesn't accumulate!



WEDNESDAY: VACUUM

What's the secret trick to getting dirt out of your carpet & rugs? Vacuum in one direction and then re-vacuum in the other direction!



THURSDAY: WASH FLOORS

Mopping doesn't have to be overwhelming! I like to vacuum Wednesday late afternoon and then wash floors first thing Thursday morning.



FRIDAY: CATCH-ALL

Didn't get your bathrooms clean or laundry done? Catch up on Friday! I also like to do a Rotating Monthly Focus tasks on Fridays too.



SATURDAY: SHEETS & TOWELS

With a load of laundry happening every day of the week, you'll be caught up and ready for sheets & towels on Saturday.



SUNDAY: JUST THE DAILIES

Rest and relax and get ready for the week. Just do the Daily Tasks today.

3. ROTATING TASKS

After a few weeks of implementing the Daily and Weekly Tasks into your routine, you'll find that your home is easier to clean and it takes less time. I've listed them here, just so you have a basic understanding of the tasks. You'll find specific Rotating Tasks for each month in the [Homekeeping Society Subscription](#) and the [Homekeeping Planner](#).

○ VACUUM & WASH BASEBOARDS

I like to incorporate this task on Wednesday and/or on Thursday.

○ CLEAN LIGHT FIXTURES

We rotate through all the light fixtures in your home throughout the year, just one room each month.

○ WASH OR VACUUM RUGS

For throw rugs or area rugs that need a little extra cleaning attention.

○ LAUNDER BEDDING

Wash the bedding, pillows and blankets that don't get laundered weekly. If you can't wash them, toss pillows in the dryer to fluff up.

○ VACUUM & SPOT-CLEAN FURNITURE

Remove cushions and pillows, vacuum with your hose and upholstery attachments. Use a little dish soap on a damp towel to spot clean.

○ POLISH WOOD FURNITURE

Sometimes our furniture needs a little extra shine. Do this on a Tuesday as you dust.

○ CHANGE FILTERS

Water filters, vacuum filters, furnace filters... this task is your reminder to change what needs to be changed.

○ CLEAN OVEN & OTHER APPLIANCES

Clean the oven and wipe down all appliances. This isn't done every month, so when you see it on the schedule, try to get it done.

○ WIPE DOWN APPLIANCES

You might need to do this more often but putting it on the schedule monthly helps get it done for sure.

○ WASH WINDOWS

This might be doing it yourself or scheduling this to be done with a professional. Our homes look better when we can see outside – clean those windows! Split it up during the month if it feels like too much.

○ WIPE SWITCHES / PHONES / REMOTES

Give those most-touched areas a quick wipe down and clean. Have little ones? Give them a baby wipe and have them help!

4. MONTHLY FOCUS

Looking for a whole-home organizing method? With the Monthly Focus, we work through the entire home – organizing each space using a simple, doable method. This gives you the time to implement habits and systems that work for you and your family.

YOU'LL BE WORKING THROUGH YOUR ENTIRE HOME – ORGANIZING EACH SPACE AS YOU CAN DURING THE MONTH.

With a whole house declutter in January, spring cleaning in March and paperwork in December, you won't be trying to figure out where you should organize next – the best way to do that is laid out for you. Find the Monthly Focus in the [Homekeeping Society Subscription](#) and the [Homekeeping Planner](#).



Consistency is key to the success of the Clean Mama Routine – just doing something is better than nothing.

Routine at a Glance Checklist

✦	MONTH:	
<i>week of:</i>	MONDAY: <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Bathrooms
	TUESDAY: <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Dust
	WEDNESDAY: <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Vacuum
	THURSDAY: <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Wash Floors
	FRIDAY: <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Catch-All
	SATURDAY: <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Sheets + Towels
	SUNDAY: <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	
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Undated Routine Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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TO-DO LIST	✓

SAVE FOR NEXT MONTH

Frequently Asked Questions

When do you clean the kitchen?

The kitchen is the hardest working room in the home and requires a lot of daily cleaning and upkeep. A question I receive at least weekly is, “How do you clean the kitchen with the Clean Mama Routine? I don’t see ‘kitchen’ on the calendar?” [Head to this blog post](#) for details on HOW I clean the kitchen daily, weekly, monthly, and annually.

I don't have time to clean because I am too busy, my kids are too little, I work too much, etc. Is the Clean Mama Routine 'for' me?

A clean house feels great but it can feel unattainable too. I love to take away the overwhelm when it comes to a clean house. I'm here to tell you that it's not as difficult as it feels, but the secret to a clean house is consistency and a plan. No guesswork, no trying to decide what area of your home needs to be cleaned, a proactive plan that works! Give the Clean Mama Routine a try for a week – you'll see a difference! [Here's a post](#) with 5 Tips for a Clean House.

Where are your DIY Cleaning Recipes? Do you have them in one place?

I sure do! [Check them all out here](#) – start with an all-purpose spray and go from there!

I hate doing laundry and can't imagine doing it daily. Do you have any tips?

Yes! My favorite laundry tip of all time? DO A LOAD A DAY! One load a day from start to finish is all it takes to simplify the laundry. I know that this sounds like a lot or like it's going to be a time suck. In reality, a load or two of laundry a day takes minutes compared to how long it takes when you let it pile up and do it all at once. Doubtful? Time it the next time and see how long it takes. [Check out this post](#) for more tips and tricks, 'How to Automate Your Laundry Routine'.

I hate cleaning bathrooms. Is there a quick way to do that?

Yes! My [Bathrooms Quick Clean Method](#) will change your bathroom cleaning forever! It's so quick because we save the floors for later in the week and you're getting in the habit of cleaning bathrooms weekly, making it even quicker from week to week.



HAVE A QUESTION?

I'm happy to help answer it! Email it to becky@cleanmama.com.

Monday : Bathroom Day

My Bathrooms Quick Clean Method will change your bathroom cleaning forever!

It's so quick because we save the floors for later in the week and you're getting in the habit of cleaning bathrooms weekly, making it even quicker from week to week. [Learn the method here](#) and start with the checklist on [page 16](#).

For bathroom cleaning, quality over quantity is best to get that fresh, deep clean look and feel!



QUICK LINKS

[Bathroom Quick Clean Method Checklist](#)

[Bathroom Quick Clean Method Blog Post](#)

[See all of my Favorite Products for Monday](#)

FAVORITE PRODUCTS FOR MONDAY:



CLEANING CONCENTRATE

Formulated using naturally-derived, ingredients, the Multi-Surface Cleaner Concentrate cleans up tough messes on most sealed surfaces!

[SHOP NOW](#)



FRESHENING POWDER

This aluminum-free lightly-scented baking soda formula naturally cleans, scrubs, and absorbs odors leaving many surfaces fresh and clean.

[SHOP NOW](#)



MICROFIBER CLEANING CLOTHS

Known for their superior quality, ultra-soft feel, and lint-free cleaning. You'll love how soft AND absorbent these larger size cloths are.

[SHOP NOW](#)



GLASS SPRAY BOTTLE

The perfect 16oz spray bottle for DIY cleaners or just to decant your favorite cleaners for a more simple look!

[SHOP NOW](#)

Tuesday : Dusting Day

Dusting can be easy and fun; the secret is to dust weekly so the dust doesn't accumulate!

Let your surfaces shine and save time with these favorites that make dusting day fly by!



QUICK LINKS

[How to Remove Dust From Your Home](#)

[See all of my Favorite Products for Tuesday](#)

FAVORITE PRODUCTS FOR TUESDAY:



CLEANING CLOTH KIT

Take the guesswork out of the best cloth to use for every level of dust, dirt, and grime.

[SHOP NOW](#)



BLIND DUSTER

My absolute favorite (and the easiest) way to quickly clean blinds!

[SHOP NOW](#)



MICROFIBER DUSTER

Zip through your home with ease on Dusting Day – plus, it's washable!

[SHOP NOW](#)



BEESWAX FURNITURE POLISH

I love this all-natural way for polishing furniture to a shine!

[SHOP NOW](#)

Wednesday : Vacuuming Day

What's my best secret trick to getting dirt out of your carpet & rugs?

Vacuum in one direction and then re-vacuum in the other direction!

Usually a long-lasting purchase, be sure to invest in the right vacuum for you and your home to make your Wednesday task easier. Here are a few of my favorites!



QUICK LINKS

[How to Choose a Vacuum Cleaner](#)

[See all of my Favorite Products for Wednesday](#)

FAVORITE PRODUCTS FOR WEDNESDAY:



ROBOTIC VACUUM

Want to vacuum daily? This is the easy way to do it!

[SHOP NOW](#)



CANISTER VACUUM

My favorite vacuum for all floors AND cleaning!

[SHOP NOW](#)



BATTERY POWERED BAGLESS

Light-weight, battery-powered AND bagless! Great for kids to use too!

[SHOP NOW](#)



UPRIGHT VACUUM

HEPA filtration and a bag to hold the dirt, sign me up!

[SHOP NOW](#)

Thursday : Floor Washing Day

Washing your floors doesn't have to be overwhelming!

I like to vacuum Wednesday late afternoon and then wash floors first thing Thursday morning.

You'll whistle while you work when you have these floor washing favorites that make your floors sparkle!



QUICK LINKS

[Guide to Washing Floors & Favorite Floor Washing Tools](#)

[See all of my Favorite Products for Thursday](#)

FAVORITE PRODUCTS FOR THURSDAY:



MIGHTY 2-IN-1 MOP

Thursdays don't stand a chance with this mop. Plus, it's washable!

[SHOP NOW](#)



HARD-WOOD FLOOR SPRAY MOP

I love this spray mop for a quick floor washing or touch up.

[SHOP NOW](#)



DISTILLED WHITE VINEGAR

Versatile and effective for cleaning – plus, you probably already have it in your kitchen.

[SHOP NOW](#)



ORGANIC LIQUID CLEANER

Just a drop will do for clean floor and other cleaning.

[SHOP NOW](#)

Friday : Catch-All Day

Didn't get your bathrooms clean or laundry done? Catch up on Friday! I also like to do a Rotating Monthly Focus tasks on Fridays too.

I believe that cleaning can be cute! Use these Friday favorites to keep up with my routine and stay on track.

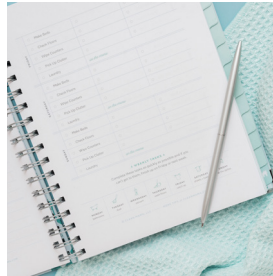


QUICK LINKS

[The Magic of Catch-all Day](#)

[See all of my Favorite Products for Friday](#)

FAVORITE PRODUCTS FOR FRIDAY:



HOMEKEEPING PLANNER®

The most practical and user-friendly planner you'll actually use! A simple, undated planner for keeping track of cleaning, organizing & everyday tasks.

[SHOP NOW](#)



THE CLEANING BUCKET

Put your favorite cleaners and cleaning cloths inside, tuck under a cabinet or carry from room to room and get ready to clean!

[SHOP NOW](#)



THE PAPER GOODS COLLECTION

Cute paper products? Check! Paper goods that you'll actually use? Check, check! Paper goods that make your week even easier? Triple check!

[SHOP NOW](#)



DIY SUPPLIES

You can mix up a cleaning solution for every cleaning conundrum, all you need are the ingredients and a recipe that works!

[SHOP NOW](#)

Saturday : Sheets & Towels Day

With a load of laundry happening every day of the week, you'll be caught up and ready for sheets & towels on Saturday.

You don't have time for washing a load of laundry twice, so use these Saturday favorites to get fresh, clean laundry the first time around!



QUICK LINKS

[How to Automate Your Laundry Routine](#)

[See all of my Favorite Products for Saturday](#)

FAVORITE PRODUCTS FOR SATURDAY:



OXYGEN WHITENER

Looking for a safe and natural laundry whitener AND household cleaner? A scoop or two of Oxygen Whitener will do the trick!

[SHOP NOW](#)



LAUNDRY DETERGENT SPRAY

Just 5 sprays – no drips, no spills, no mess. Pre-measured laundry detergent that pre-treats and cleans ANY fabric!

[SHOP NOW](#)



LAUNDRY SUPER POWDER

Formulated with enzymes to remove dirt, grime, and odors, this really is a super powder. Tested to remove the worst odors.

[SHOP NOW](#)



WOOL DRYER BALLS

Formulated using naturally-derived, ingredients, the Multi-Surface Cleaner Concentrate cleans up tough messes on most sealed surfaces!

[SHOP NOW](#)

Sunday : Just the Daily Tasks

Remember...

Completed daily, these tasks are the secret to keeping your home tidy most of the time. You'll want to just complete these 5 tasks on Sunday's.

- CHECK FLOORS
- WIPE COUNTERS
- CLUTTER
- LAUNDRY
- MAKE BEDS



QUICK LINKS

[5 Daily Tasks that will Change Your Life](#)

[See All of My Favorite Products](#)

FAVORITE PRODUCTS FOR SUNDAY:



BAR MOP TOWELS

Simply roll them up and put them in a container by the kitchen sink to use instead of paper towels. Perfect for wiping down counters!

[SHOP NOW](#)



ECO-FRIENDLY LAUNDRY BUNDLE

Elevate your laundry routine with an eco-friendly solution! Simply fill the 16 oz glass spray bottle with Clean Mama Laundry Detergent Spray and go.

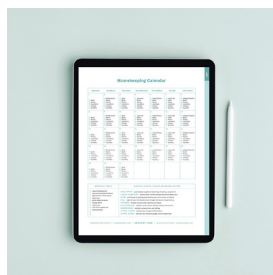
[SHOP NOW](#)



THE PRINTABLE COLLECTION

Full of printables to tackle any task including The Clutter Handbook, Guide to a Clean Home, Guide to Laundry and more!

[SHOP NOW](#)




HOMEKEEPING SOCIETY

Join us in Homekeeping Society to get the clean home you've always dreamed of — and keep it that way.

[JOIN NOW](#)

Bathroom Quick Clean

SUPPLIES	INSTRUCTIONS
<ul style="list-style-type: none">○ cleaning cloths — one for mirrors, one for each toilet, one for each sink, and a couple extras for tubs and showers○ glass and mirror cleaner○ disinfecting/bathroom cleaner○ toilet cleaner and toilet scrubber○ empty container for dirty cloths or paper towels○ caddy or container to carry supplies from room to room	<ol style="list-style-type: none">1. Clear off counters and all surfaces.2. Spray and wipe any mirrors clean — keep this cloth handy and reuse in each bathroom.3. Spray the sink, toilet, and tub or shower (if you don't use a tub or shower regularly, you don't need to clean it weekly) and quickly spray with your disinfecting cleaner.4. Use your preferred toilet cleaner and brush and do a quick clean of your toilet.5. Repeat these steps in each bathroom. Once you've done that, go back to the first bathroom.6. Wipe the sink, wipe the toilet, and wipe the tub or shower — take care to use a separate cloth or paper towel for each toilet and sink to avoid cross-contamination.7. Place dirty cloths in container.8. Move on to wiping down the next bathroom and the next until you have quickly wiped down each bathroom.9. Change hand and bath towels. <p style="text-align: right;"> <i>Repeat on Mondays!</i></p>

NOTES: _____

Kitchen Speed Clean



GATHER YOUR TOOLS

Keep your favorite kitchen cleaning tools and cleaners in a caddy under the kitchen sink so you can grab them and clean anytime. My must-have kitchen caddy tools? Kitchen sink scrub, scrub brush, all-purpose cleaner, disinfecting cleaner, stainless steel cleaner, microfiber cloths, bar mop towels, sponge, and dish soap.



SET A TIMER

Setting a timer is a great way to motivate to clean quickly. Eliminate any distractions, set a timer for 15 minutes and see how much you can get done.



QUICK DECLUTTER

Start by collecting anything on the counters and kitchen table. Don't take the time to put these things away right now, but put them out of the kitchen for right now.



UNLOAD / LOAD THE DISHWASHER

Did you know that it only takes 3-4 minutes to unload a dishwasher and put the dishes away? Don't procrastinate on this one – just put the dishes away! If you have dishes on the counter or sink, load them in the empty dishwasher.



CLEAN THE SINK

Give your sink a little scrub and get it ready for the next day – you'll be amazed how this simple task can propel your kitchen cleanliness.



WIPE SURFACES

Spray down any hard surfaces (counters, kitchen table) and wipe clean with a cloth. Wiping down counters and cleaning sinks is on my daily routine so this is fairly simple.



QUICK VACUUM & FLOOR TOUCH-UP

If your floors need to be vacuumed, concentrate on high traffic areas, corners, and visible dirt. If you need to do a quick mop, I like using a damp microfiber mop to do a quick floor washing.



PUT OUT FRESH TOWELS

Don't underestimate the clean look of fresh towels. Replace your kitchen towels with clean towels as you're making one final sweep.

Declutter Order

Follow this order for decluttering your home – complete it in a way that makes sense for your schedule. Some recommendations: one task a day, set a timer for 10-15 minutes, or 2-3 tasks a day until completed. This order matters because it will take you through the house in a logical, sequential, and efficient way.

<p>CLEANING</p> <ul style="list-style-type: none"> <input type="radio"/> cleaning supplies <input type="radio"/> cleaning tools – scrub, brushes, sponges, rags <input type="radio"/> <input type="radio"/> <input type="radio"/> 	<p>LAUNDRY AREA</p> <ul style="list-style-type: none"> <input type="radio"/> fold + put away clothes <input type="radio"/> laundry baskets <input type="radio"/> laundry products <input type="radio"/> clean + clear surfaces <input type="radio"/> 	<p>KITCHEN</p> <ul style="list-style-type: none"> <input type="radio"/> clean + clear counters <input type="radio"/> refrigerator + freezer <input type="radio"/> cabinets, drawers, pantry, food storage <input type="radio"/> kitchen tools, small appliances + towels <input type="radio"/> under kitchen sink 	<p>BATHROOM(S)</p> <ul style="list-style-type: none"> <input type="radio"/> clean + clear counters <input type="radio"/> cabinets + drawers <input type="radio"/> medicine cabinet <input type="radio"/> toiletries + makeup <input type="radio"/> bath towels, hand towels, wash clothes
<p>CLOTHING</p> <ul style="list-style-type: none"> <input type="radio"/> shoes <input type="radio"/> outerwear – coats, hats, gloves, etc. <input type="radio"/> clothing – sort by season + type <input type="radio"/> <input type="radio"/> 	<p>BEDROOM(S)</p> <ul style="list-style-type: none"> <input type="radio"/> declutter floors <input type="radio"/> under beds <input type="radio"/> sheets + linens <input type="radio"/> pillows <input type="radio"/> bedside tables <input type="radio"/> 	<p>ENTERTAINMENT</p> <ul style="list-style-type: none"> <input type="radio"/> magazines <input type="radio"/> music – digital, CDs, tapes, records <input type="radio"/> games – board games, card games <input type="radio"/> books – cookbooks, non-fiction, fiction 	<p>KIDS</p> <ul style="list-style-type: none"> <input type="radio"/> clothing <input type="radio"/> toys <input type="radio"/> books <input type="radio"/> activities <input type="radio"/> art + craft supplies <input type="radio"/>
<p>OFFICE SPACE</p> <ul style="list-style-type: none"> <input type="radio"/> electronics <input type="radio"/> office supplies <input type="radio"/> books <input type="radio"/> paper + files <input type="radio"/> <input type="radio"/> <input type="radio"/> 	<p>PAPER CLUTTER</p> <ul style="list-style-type: none"> <input type="radio"/> paper pile <input type="radio"/> bills <input type="radio"/> photographs <input type="radio"/> memorabilia <input type="radio"/> kids art <input type="radio"/> school work <input type="radio"/> 	<p>DIGITAL CLUTTER</p> <ul style="list-style-type: none"> <input type="radio"/> zero out email inbox <input type="radio"/> set up email folders to save emails <input type="radio"/> put important digital docs in folders <input type="radio"/> separate photos by year + story in cloud storage <input type="radio"/> 	<p>GARAGE/BASEMENT</p> <ul style="list-style-type: none"> <input type="radio"/> vehicle(s) <input type="radio"/> tool storage <input type="radio"/> boxes + bins with additional storage items <input type="radio"/> lawn + garden supplies <input type="radio"/>

What's Next?

Housekeeping can feel lonely, but you don't have to do it alone!

Follow [@cleanmama](#) on Instagram and I'll share reminders and tips to help you keep your house guest ready without feeling overwhelmed! Then, tag me when you've completed your dailies, so I can celebrate with you!



QUICK LINKS

[Clean Mama on Instagram](#)

[The Clean Mama Shop](#)

[The Clean Mama Blog](#)

[Join Homekeeping Society](#)

[Clean Mama Courses](#)

THE CLEAN MAMA ROUTINE

Cleaning can be fun and easy — we'll show you how! Follow the “at a glance” guide on [page 4](#) or learn more by visiting the [Start Here page](#). Each component builds off the previous one, so start with The 5 Daily Tasks and only add in the next component when you feel comfortable with the current one.

[LEARN THE ROUTINE](#)

HOMEKEEPING SOCIETY

Your Secret to Getting Things Done! You don't have to choose between a busy life and a clean home. Join us in Homekeeping Society to get the clean home you've always dreamed of — and keep it that way.

[JOIN HOMEKEEPING SOCIETY](#)

THE CLEAN MAMA SHOP

Clean Mama products complete the whole picture of the Clean Mama Program, tying everything together in a tidy, cute package. Natural, safe, effective & thoughtful supplies for your consistently clean home. Consumable products are made in the USA in concentrated formulas — a little goes a long way!

[GO TO THE SHOP](#)

CLEAN MAMA COURSES

Feeling stuck? Have you started and stopped the Clean Mama Routine a few times? You need a reset! Clean Mama courses starts with the basics and covers the common areas people slip. Whether you're brand new or a longtime Clean Mama fan, the courses will help you start fresh.

[LEARN MORE & ENROLL TODAY](#)