

Laundry Schedule

First things first, if you're overwhelmed with your laundry, you need a plan for it.

Use this simple worksheet to map out your week and your laundry intentions. If you're doing the Clean Mama Routine, you know that Laundry is a Daily Task. Do a load daily – from washer to folded and put away. Saturday is Sheets and Towels Day - that's the day that we launder bedding and bath towels. I do a quick load at the end of Saturday of cleaning cloths and then the 'clean washer' cycle on the washing machine.

OUR LAUNDRY SCHEDULE

We follow it loosely but it's helpful! We have five in our family so everyone gets a 'laundry day', starting with my husband on Monday, myself on Tuesday, our oldest on Wednesday, our middle child on Thursday, our youngest child on Friday, and sheets and towels on Saturday. This gives us a framework and a goal for what to wash and when to wash it.



PLAN IT OUT

Use the weekly boxes to the right to map out your laundry schedule. Do you do laundry daily? Every other day? Once a week? Plan it out, realizing that not every week will go perfectly, but at least you have a plan for your laundry moving forward.

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TUE	
WED	
THU	
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