Nestara

SMART HOME & FAMILY LIVING

The 15-Minute Daily Cleaning Checklist

Three tiny resets, five minutes at a time — no marathon cleaning, just a home that feels fresh by bedtime.

Set a timer · Check it off · Stop when it rings

01 Morning *Wake up the house*

5 MINUTES

- [ ] Make the beds
  Just pull the covers straight — done is enough
- [ ] Start one load of laundry
- [ ] Quick bathroom wipe — sink, mirror & toilet seat
- [ ] Wipe the kitchen counters and sink
- [ ] Empty the dishwasher or dish rack

02 Midday *Reset the middle of the day*

5 MINUTES

- [ ] Put away 10 things that are out of place
- [ ] Sort today's mail and papers into one spot
- [ ] Move laundry to the dryer — or fold one basket
- [ ] Wipe the dining table and stovetop
- [ ] Quick sweep of the kitchen floor

03 Evening *Close the day calmly*

5 MINUTES

- [ ] Load the dishwasher and run it
  Wipe the counters one last time
- [ ] Take out the trash and add a fresh bag
- [ ] Lay out tomorrow's clothes and backpacks
- [ ] Put away shoes, bags and toys by the door
- [ ] Fluff the couch pillows and fold the throw

Weekly *bonus* — pick one day

ONCE A WEEK

- [ ] Clean out fridge leftovers and wipe one shelf
- [ ] Mop the kitchen and bathroom floors
- [ ] Dust living-room surfaces and clean the glass

Print it
One page, US Letter
color or grayscale

Stick it on the fridge
In a sheet protector
ready to reuse daily

Mark, wipe, repeat
Dry-erase marker
wipe clean each night

*Miss a block? **Skip it, don't stack it.** Tomorrow's five minutes will catch up — that's the whole point.*