

Appendix C: Weekly Homekeeping Schedule

This sample gives recurring work a place without requiring a second work shift every evening. Move the appointments to match your schedule, and assign complete areas to capable household members.

Sample Weekly Rhythm

- Monday: Primary focus: Laundry and reset; Finish line: Complete one essential load; ten-minute shared reset; Owner/time: _____
- Tuesday: Primary focus: Bathrooms; Finish line: Weekly bathroom finish line; replenish supplies; Owner/time: _____
- Wednesday: Primary focus: Floors and dust; Finish line: High-use floors; reachable dust-holding surfaces; Owner/time: _____
- Thursday: Primary focus: Bedrooms and linens; Finish line: Reset bedrooms; change linens on the chosen rhythm; Owner/time: _____
- Friday: Primary focus: Kitchen and administration; Finish line: Refrigerator check; mail, calendar, bills, and supplies; Owner/time: _____
- Saturday: Primary focus: Flexible cleaning appointment; Finish line: One or two rooms from start to finish; one project only if planned; Owner/time: _____
- Sunday: Primary focus: Weekly reset and planning; Finish line: Trash, dishes, laundry, meals, calendar, and assignments; Owner/time: _____

My Weekly Rhythm

- Monday: Primary focus: _____; Finish line: _____; Owner/time: _____
- Tuesday: Primary focus: _____; Finish line: _____; Owner/time: _____

- Wednesday: Primary focus: _____; Finish line:
_____; Owner/time:

- Thursday: Primary focus: _____; Finish line:
_____; Owner/time:

- Friday: Primary focus: _____; Finish line:
_____; Owner/time:

- Saturday: Primary focus: _____; Finish line:
_____; Owner/time:

- Sunday: Primary focus: _____; Finish line:
_____; Owner/time:

Weekly review date/time: _____

Minimum-week standard: _____