

Apartment Cleaning Guide

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A free 3-page printable from RenderedbyDesign. Weekly. Monthly. 6-Month rotation. Room by room.

This is not a checklist. This is a rotation. Most cleaning guides drop you 100 tasks in one bucket and call it done. By month two you stop because the list is overwhelming. This rotation breaks the work into three cycles you can actually maintain.

Page 1: The Weekly Rotation

10 minutes a day across 7 days. Do not try to do everything Sunday. Spread the load.

Monday: Surface Reset

- Wipe down kitchen counters
- Wipe bathroom sink + mirror
- Clear nightstand + dresser surface
- Empty trash if needed

Tuesday: Floors

- Vacuum or sweep main living areas
- Vacuum bedroom
- Spot-mop kitchen if grimy

Wednesday: Bathroom Reset

- Spray + wipe shower walls
- Clean toilet (bowl + seat + base)
- Wipe shower curtain or replace liner if needed
- Restock toilet paper + soap

Thursday: Kitchen Reset

- Wipe stovetop + range hood
- Wipe inside microwave



- Empty + wipe out toaster crumb tray
- Run dishwasher cycle if you have one

Friday: Trash + Recycling

- All trash + recycling out
- Replace can liner
- Wipe trash can rims

Saturday: Laundry

- Wash sheets + pillowcases
- Wash towels (bath + kitchen)
- Run a single regular-clothing load

Sunday: Reset for the Week

- Make bed cleanly with fresh sheets
- Clean coffee maker or kettle
- Wipe entry door + light switches + door handles
- Walk through and put away anything out of place

Total weekly time: ~70 minutes spread across 7 days, ~10 min/day.

Page 2: The Monthly Deep-Clean

One Saturday morning per month. Three hours.

Kitchen Deep

- Pull fridge contents, wipe interior shelves + drawers
- Wipe inside oven (use baking soda paste)
- Wipe down cabinet faces + handles
- Vacuum behind fridge if you can move it
- Descale coffee maker or kettle (vinegar cycle)

Bathroom Deep

- Scrub tub + tile grout
- Replace shower curtain liner



- Wipe baseboards
- Clean exhaust fan vent
- Wash bath mat
- Polish faucet + showerhead (descale if hard water)

Living Room + Bedroom Deep

- Vacuum upholstery + under cushions
- Dust ceiling fan blades
- Wipe baseboards + window sills
- Wash blackout curtains or drapes (if washable)
- Vacuum mattress, flip if rotational
- Wash duvet cover + comforter

Whole Apartment

- Vacuum air vents + change HVAC filter
- Wipe inside window glass
- Wipe light fixtures + lamp shades (use vacuum brush)
- Test smoke + carbon monoxide alarms
- Wipe inside door frames + entry door

Total monthly time: ~3 hours, one Saturday morning.

Page 3: The 6-Month Rotation

Twice a year. Four hours per cycle. Use this list to extend the life of every piece of furniture and surface in the apartment.

Spring (April–May) and Fall (October–November)

Closet + Storage

- Purge clothes you have not worn in 12 months
- Donate or consignment-list anything 8+ months unused
- Reorganize closet by category, season-rotate jackets
- Wipe shelves + dust closet floor

Kitchen Deep Clean

- Pull fridge fully, vacuum coils behind
- Deep-clean oven (baking soda overnight + vinegar)
- Descalc dishwasher (vinegar cycle)
- Empty + wipe inside all pantry containers
- Sharpen knives or send out for sharpening
- Replace dish sponges + scrub brushes

Bathroom Deep Clean

- Reseal grout if cracking or stained
- Replace shower curtain liner
- Wash washing machine drum (run empty cycle with bleach)
- Replace toothbrush holder + soap dishes if grimy
- Replace bath mats if frayed

Living Room + Bedroom Deep Clean

- Steam-clean carpets or rugs
- Wash all curtains + drapes (or send to dry cleaner)
- Wipe walls (especially around light switches + door frames)
- Test + replace batteries in every smoke + carbon monoxide alarm
- Rotate or flip mattress (per manufacturer rotation cycle)
- Vacuum mattress + bed frame

Tech + Utility

- Test internet speed and downgrade tier if usage allows
- Audit subscription services
- Update emergency-contact list on fridge
- Restock first-aid kit
- Replace HVAC filter

Decor + Refresh

- Rotate art or swap a single piece for visual reset
- Move furniture by 6 inches if same arrangement is starting to feel stale
- Re-pot any houseplants showing root-bound signs



- Restyle entry table or coffee table

Total 6-month time: ~4 hours per cycle, 8 hours per year.

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