House Cleaning Frequency Planner

Use this planner as a practical starting point. The right schedule depends on how quickly your home needs broad cleaning again, how much upkeep you handle between visits, and how your household uses the space.

1. Start with how quickly cleaning needs return

WEEKLY

Cleaning needs return within about a week

Weekly service may fit homes where several cleaning pressures build quickly.

- Several occupants or children
- Shedding pets or frequent paw traffic
- Heavy kitchen, bathroom, or floor use

BIWEEKLY

The home stays manageable for roughly two weeks

Biweekly service can work when occupants handle lighter upkeep between appointments.

- Regular-use household
- Some vacuuming and surface care
- Broader cleaning needs return around week two

MONTHLY

The home stays maintained for most of the month

Monthly service may fit lower-traffic homes with consistent DIY maintenance.

- Fewer occupants or lighter use
- Routine kitchen and bathroom upkeep
- Professional cleaning supplements the household routine

OCCASIONAL

You mainly need help for specific situations

Recurring service may not be necessary when professional help is only needed periodically.

- Seasonal resets
- Before or after events
- Catch-up cleaning after a busy period

2. Cleaning Frequency Adjustment Checklist

Check anything that regularly applies to your home. Look for repeated patterns, not one unusually messy week.

Household activity

- ☐ Three or more occupants live in the home
- ☐ Children or frequent guests increase daily traffic
- ☐ Several rooms are heavily used every day

Cleaning pressure

- ☐ Floors need attention well before the next cleaning
- ☐ Kitchen or bathrooms stop feeling maintained early
- ☐ Entryways show tracked-in dirt quickly

Pets

- ☐ One or more pets shed noticeably
- ☐ Pets frequently move between indoors and outdoors
- ☐ Pet-used areas need cleaning sooner than the rest of the home

Between-visit upkeep

- ☐ You prefer to do little routine cleaning between professional visits
- ☐ Vacuuming or bathroom upkeep regularly falls behind
- ☐ You are doing more cleaning between visits than you would like

Your current interval may already be working if:

- ☐ Most areas stay maintained until appointment day
- ☐ Only light touch-ups are needed between visits
- ☐ You are comfortable with the upkeep you handle yourself
- ☐ Broad cleaning needs do not return early

Practical rule: If several pressure points are true and broad cleaning returns well before the next appointment, test a shorter interval. If the home is still maintained, keep the current schedule or test a longer one.

3. Maintenance Threshold Check

Use this check shortly before your next appointment. Mark the condition that best describes each area.

Area	Still maintained	Needs a light touch-up	Needs broad cleaning
Floors & entryways	☐	☐	☐
Kitchen	☐	☐	☐
Bathrooms	☐	☐	☐
Pet-used areas	☐	☐	☐
Living & common areas	☐	☐	☐

What needed attention first?

_____

_____

_____

How to read the result

Your interval may be too long

Several areas need broad cleaning days before the appointment. Test a shorter interval and reassess.

Your schedule may be about right

Most areas stay manageable until the next visit, with only light upkeep needed in between.

You may be able to stretch the interval

The home is still comfortably maintained when appointment day arrives. A longer interval may be worth testing.

Your next schedule test

Current frequency _____

Frequency you want to test _____

Next review date _____

Roochii tip: If a home has gone a long time without cleaning, the first visit may need more work than normal recurring maintenance. Starting condition matters before you judge the recurring schedule.