

Aramère Life

Sunday Clean-up Checklist



BECAUSE MY SISTER SAYS SO

The Cleaning Basics

- Wipe down all surfaces with a sanitizing spray
- Vacuum and sweep commonly used areas
- Do the dishes--all of them!
- Laundry including ironing for the week

Extras If You Can

- Dust less common areas
- Clean the linens
- Organize nic nacks

Plan For The Week

- Meal prep and freeze
- Spruse-up decor
- Write out chore list for week

GOOD VIBES