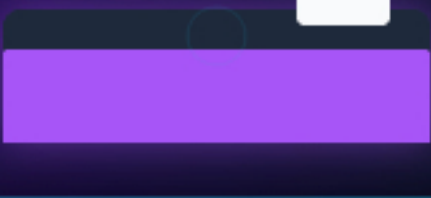
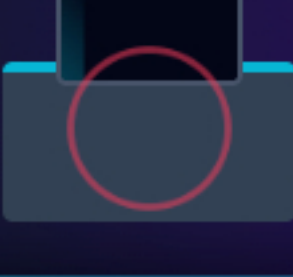


BEDROOM CLEANING CHECKLIST FOR TEENS

Keeping your bedroom clean does not have to take hours. A few simple habits each day can prevent clutter from piling up and make cleaning much easier.



📋 DAILY TEEN BEDROOM CHECKLIST

- Make your bed
- Hang up jackets and hoodies
- Return dishes and cups to the kitchen
- Clear your desk or study area
- Charge devices in one designated spot
- Put dirty clothes in the laundry basket
- Throw away trash and food wrappers
- Put shoes in their proper place
- Put gaming accessories away
- Spend 5 minutes picking up clutter

🔪 WEEKLY TEEN BEDROOM CHECKLIST

LAUNDRY

- Wash clothes
- Put clothes away
- Wash pillowcases
- Fold clean laundry
- Change bed sheets

DUSTING

- Dust nightstands
- Dust shelves
- Dust electronics and gaming setups
- Dust desk surfaces
- Dust lamps

FLOORS

- Vacuum carpets and rugs
- Mop if needed
- Sweep hard floors
- Clean under the bed

ORGANIZATION

- Organize school supplies
- Clean out old papers
- Put away random items
- Sort backpacks
- Organize books and notebooks

SURFACES

- Wipe desk
- Wipe light switches
- Sanitize phone screen
- Clean mirrors
- Clean door handles

💎 MONTHLY TEEN BEDROOM CHECKLIST

- Vacuum mattress
- Dust baseboards
- Clean windows and window sills
- Remove clothes that no longer fit
- Sort through beauty products or toiletries
- Declutter bedside table
- Wash mattress protector
- Clean ceiling fan
- Organize dresser drawers
- Clean closet shelves
- Organize cords and chargers
- Clean behind furniture

🌀 SEASONAL TEEN BEDROOM CHECKLIST

- Donate unused clothing
- Wash comforters and blankets
- Clean blinds
- Organize sports equipment
- Recycle old assignments and papers
- Deep clean under bed storage
- Store seasonal clothes
- Wash curtains
- Deep clean closet
- Sort books and school supplies
- Remove items you no longer use

TEEN BEDROOM RESET CHECKLIST

When your room feels messy, follow this quick order:

- 1 Throw away trash.
- 2 Gather dirty laundry.
- 3 Return dishes to the kitchen.
- 4 Make the bed.
- 5 Put away clothes.
- 6 Organize your desk.
- 7 Clear the floor.
- 8 Dust surfaces.
- 9 Vacuum or sweep.
- 10 Add finishing touches like pillows and blankets.

15 MINUTE BEDROOM CLEANUP

Make the bed	2 minutes
Pick up clothes	3 minutes
Throw away trash	2 minutes
Clear surfaces	3 minutes
Put items back where they belong	3 minutes
Quick vacuum or sweep	2 minutes

A clean bedroom helps you stay organized, find things faster, and create a better space for studying, relaxing, and sleeping.