**Nome: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Processo\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Data\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_\_\_\_\_**

**Mapa de Rotinas de Limpeza Doméstica Diária**

**CASA DE BANHO**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Segunda-feira** | **Terça-feira** | **Quarta-feira** | **Quinta-feira** | **Sexta-feira** | **Sábado** | **Domingo** |
| **Lavar as louças sanitárias** |  |  |  |  |  |  |  |
| **Levar o lixo** |  |  |  |  |  |  |  |
| **Limpar as prateleiras** |  |  |  |  |  |  |  |
| **Limpar os espelhos** |  |  |  |  |  |  |  |
| **Lavar azulejos** |  |  |  |  |  |  |  |
| **Lavar a banheira** |  |  |  |  |  |  |  |
| **Outros** |  |  |  |  |  |  |  |

**QUARTO**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Segunda-feira** | **Terça-feira** | **Quarta-feira** | **Quinta-feira** | **Sexta-feira** | **Sábado** | **Domingo** |
| **Varrer o chão** |  |  |  |  |  |  |  |
| **Trocar a roupa da cama** |  |  |  |  |  |  |  |
| **Espanar o pó dos móveis e dos objectos** |  |  |  |  |  |  |  |
| **Limpar as janelas** |  |  |  |  |  |  |  |
| **Separar as roupas sujas** |  |  |  |  |  |  |  |
| **Outros** |  |  |  |  |  |  |  |

**SALA**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Segunda-feira** | **Terça-feira** | **Quarta-feira** | **Quinta-feira** | **Sexta-feira** | **Sábado** | **Domingo** |
| **Varrer o chão** |  |  |  |  |  |  |  |
| **Encerar o chão** |  |  |  |  |  |  |  |
| **Espanar o pó dos móveis e objectos** |  |  |  |  |  |  |  |
| **Limpar as janelas** |  |  |  |  |  |  |  |
| **Outros** |  |  |  |  |  |  |  |

**COZINHA**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Segunda-feira** | **Terça-feira** | **Quarta-feira** | **Quinta-feira** | **Sexta-feira** | **Sábado** | **Domingo** |
| **Lavar pia e torneiras** |  |  |  |  |  |  |  |
| **Levar o lixo** |  |  |  |  |  |  |  |
| **Limpar prateleiras** |  |  |  |  |  |  |  |
| **Limpar janelas** |  |  |  |  |  |  |  |
| **Lavar azulejos** |  |  |  |  |  |  |  |
| **Limpar frigorífico** |  |  |  |  |  |  |  |
| **Limpar forno, micro-ondas, etc.** |  |  |  |  |  |  |  |
| **Outros** |  |  |  |  |  |  |  |