

# How often to replace common household items

Use this list to monitor when it's time to replace your stuff, room-by-room.



## Kitchen

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### Kitchen sponge

Weekly | Last replaced: \_\_\_\_\_

### Water filters

6 months | Last replaced: \_\_\_\_\_

### Ground spices

6 months | Last replaced: \_\_\_\_\_

### Cookware

5 years | Last replaced: \_\_\_\_\_

### Big appliances

10 years | Last replaced: \_\_\_\_\_

## Bathroom & medicine cabinet

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### Bath toys

Clean weekly | Last cleaned: \_\_\_\_\_

### Toothbrush

2–3 months | Last replaced: \_\_\_\_\_

### Makeup brushes

3 months | Last replaced: \_\_\_\_\_

### Toilet brush

6 months | Last replaced: \_\_\_\_\_

### Hand towels

2 years | Last replaced: \_\_\_\_\_

### Medicine

Expiration date | Last checked: \_\_\_\_\_

## Bedroom & closet

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### Pillows

1–2 years | Last replaced: \_\_\_\_\_

### Sheets

2 years | Last replaced: \_\_\_\_\_

### Mattress

10 years | Last replaced: \_\_\_\_\_

### Bras and sports bras

1 year | Last replaced: \_\_\_\_\_

### Running shoes

300–500 miles | Last replaced: \_\_\_\_\_

## Living room & garage

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### Cleaning rags

Weekly | Last replaced: \_\_\_\_\_

### Vacuum bag

6 months | Last replaced: \_\_\_\_\_

### Smoke detector batteries

6 months | Last replaced: \_\_\_\_\_

### Yoga mat

1 year | Last replaced: \_\_\_\_\_

### Smoke detector

10 years | Last replaced: \_\_\_\_\_

### Carpet

5–15 years | Last replaced: \_\_\_\_\_