

Monthly House Cleaning Training Chart for Male Submissives

Day	Chores / Tasks	Inspection	Punishment for Failure	Reward / Privilege	Affirmations
1	Wash dishes, wipe counters, sweep, make beds	Visual check + photo proof	Redo + 15 spansks + 10 min corner	Kneeling at Mistress's feet 5 min	10 affirmations
2	Kitchen deep clean: counters, stove, mop floor, take out trash	Daily photo proof	Redo + 20 spansks + corner 10 min	Serve Mistress tea/snack	10 affirmations
3	Bathroom: sinks, mirrors, toilet, shower, replace towels	Visual + photo proof	Redo + 25 spansks + extra chore	Foot massage / praise	10 affirmations
4	Living room: vacuum, dust, organize clutter	Inspection by Mistress	Redo + 20 spansks	Serve snacks/ drinks	30 affirmations
5	Laundry: wash, dry, fold, iron, organize closet/pantry	Check folded clothes	Redo + 15 spansks + corner	Small treat / kneeling session	10 affirmations
6	Deep cleaning: mop floors, baseboards, windows, garden/pets	Full house inspection	Redo + spansks + extra chores	Extended serving privilege	30 affirmations
7	Weekly review: correct any errors, full inspection	Mistress inspects all	Redo + 25 spansks + corner	Extended praise / special reward	30 affirmations
8	Repeat Day 1 tasks	Visual check + photo proof	Redo + 15 spansks + 10 min corner	Kneeling at Mistress's feet 5 min	10 affirmations
9	Kitchen deep clean	Daily photo proof	Redo + 20 spansks + corner 10 min	Serve Mistress tea/snack	10 affirmations
10	Bathroom	Visual + photo proof	Redo + 25 spansks + extra chore	Foot massage / praise	10 affirmations
11	Living room	Inspection	Redo + 20 spansks	Serve snacks/ drinks	30 affirmations
12	Laundry	Check folded clothes	Redo + 15 spansks + corner	Small treat / kneeling session	10 affirmations

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13	Deep cleaning	Full house inspection	Redo + spanks + extra chores	Extended serving privilege	30 affirmations
14	Weekly review	Mistress inspects all	Redo + 25 spanks + corner	Extended praise / special reward	30 affirmations
15	Wash dishes, wipe counters, sweep, make beds	Visual check + photo proof	Redo + 15 spanks + 10 min corner	Kneeling at Mistress's feet 5 min	10 affirmations
16	Kitchen deep clean	Daily photo proof	Redo + 20 spanks + corner 10 min	Serve Mistress tea/snack	10 affirmations
17	Bathroom	Visual + photo proof	Redo + 25 spanks + extra chore	Foot massage / praise	10 affirmations
18	Living room	Inspection	Redo + 20 spanks	Serve snacks/ drinks	30 affirmations
19	Laundry	Check folded clothes	Redo + 15 spanks + corner	Small treat / kneeling session	10 affirmations
20	Deep cleaning	Full house inspection	Redo + spanks + extra chores	Extended serving privilege	30 affirmations
21	Weekly review	Mistress inspects all	Redo + 25 spanks + corner	Extended praise / special reward	30 affirmations
22	Wash dishes, wipe counters, sweep, make beds	Visual check + photo proof	Redo + 15 spanks + 10 min corner	Kneeling at Mistress's feet 5 min	10 affirmations
23	Kitchen deep clean	Daily photo proof	Redo + 20 spanks + corner 10 min	Serve Mistress tea/snack	10 affirmations
24	Bathroom	Visual + photo proof	Redo + 25 spanks + extra chore	Foot massage / praise	10 affirmations
25	Living room	Inspection	Redo + 20 spanks	Serve snacks/ drinks	30 affirmations

Day	Chores / Tasks	Inspection	Punishment for Failure	Reward / Privilege	Affirmations
26	Laundry	Check folded clothes	Redo + 15 spansks + corner	Small treat / kneeling session	10 affirmations
27	Deep cleaning	Full house inspection	Redo + spansks + extra chores	Extended serving privilege	30 affirmations
28	Weekly review	Mistress inspects all	Redo + 25 spansks + corner	Extended praise / special reward	30 affirmations
29	Bonus focus: any neglected tasks	Mistress checks	Redo + 25 spansks	Extra praise / privilege	30 affirmations
30	Full house inspection & reflection	Mistress checks	Redo + 30 spansks if needed	Special reward / extended kneeling	30 affirmations

Instructions: 1. Print this chart for daily tracking. 2. Check off tasks and record corrections. 3. Adjust chores or punishments as needed. 4. Recite affirmations daily to reinforce obedience and devotion.