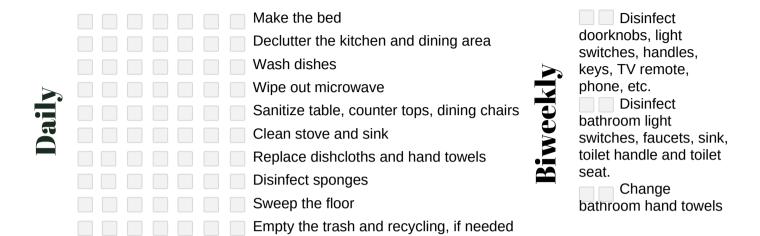
## $\mathbb{C} \cap \mathbb{M} \cap \mathbb{L} \cap \mathbb{E}$

## HOUSEHOLD

# **CHECKLIST**

# **CLEANING**



for







### KITCHEN AND DINING

Dust fans, blinds, trim, etc.
Clean cabinet doors/handles
Wipe down small appliances
Pour hot water down sink
Grind lemon & ice in the disposal
Sweep or vacuum the floor
Mop the floor
Empty the trash, as needed

### **BEDROOMS**

Declutter open spaces
Dust fans, blinds, trim, etc.
Clean table tops and mirrors
Sweep or vacuum the floor
Mop the floor (every 2 weeks)
Wash bedding (every 2 weeks)
Vacuum mattress (every 2 weeks)
Empty the trash

## LIVING ROOM/OFFICE/OTHER

Declutter open spaces
Dust fans, blinds, trim, etc.
Clean table tops and mirrors
Clean electronic devices
Vacuum upholstered furniture
Sweep or vacuum the floor
Mop the floor (every 2 weeks)
Empty the trash

### **BATHROOM**

Declutter open spaces
Dust fans, blinds, trim, etc.
Clean mirrors and glass
Clean cabinet doors/handles
Sanitize vanity and sink
Clean and sanitize shower/tub
Disinfect toilet
Pour hot water down the drains
Vacuum or wash rugs
Sweep or vacuum floor
Mop floor
Empty the trash can
Replace washcloths, towels

## **LAUNDRY**

Wash clothing
Wash kitchen linens
Wash bathroom towels
Wash bedding
Wash rugs (optional)
Wash pet bedding (if applicable)
Wash cleaning rags, mops
Clean lint trap (after each use)
Wipe down washer, dryer
Sanitize hampers, baskets

# **Monthly**

- Clean the dishwasher
- · Clean small appliances
- · Clean the back splash
- Clean fridge shelves and exterior
- · Degrease the strove range hood
- · Disinfect trash cans
- · Disinfect plunger and toilet brush
- Wash bathroom shower curtains
- Pour baking soda, vinegar and hot water down all the drains
- Clean front door and porch area
- Sweep garage, patio/deck, walkways

## **Every 6 Months**

- Clean out vehicle(s) (every 3 months) •
- Deep clean oven (and underneath it)
- Deep clean fridge (and behind it)
- · Deep clean dining table and chairs
- · Clean lampshades
- · Clean window blinds
- Dust PC and laptop cooling fans
- Wash pillow covers, pillow, blankets
- Wash window curtains
- Wash slip covers (if applicable)
- Dust or wash walls, as needed
- Vacuum underneath furniture
- Wipe down baseboards
- Clean windows (inside and out)

# Yearly

- · Dust or vacuum on top of cabinetry
- Dust or vacuum books and bookshelves
- Clean ceiling fans and AC vents
- Vacuum lint trap, dryer hose, and vent
- Declutter drawers, shelves, cupboards, cabinets, dressers, closets
- Clean inside drawers, cupboards, cabinets and closets
- Wash doors and door trim
- Clean fireplace & chimney (if applicable)
- Steam clean upholstered furniture and carpets
- · Deep clean tile flooring
- Declutter, sweep, and wash the patio, deck, and/or porch
- Replace toilet brush



Adapted from the e-book "Spotless: Nontoxic Cleaning for a Healthy Home" by Wealhouse Publishing Company. Free printable download at <a href="https://weal-house.com/wp-content/uploads/2020/08/Cleaning-Checklist.pdf">https://weal-house.com/wp-content/uploads/2020/08/Cleaning-Checklist.pdf</a>.