

THE ULTIMATE CLEANING LIST

DELEGATE THE TASK. CHECK IT OFF WHEN IT IS DONE. REPEAT.

»»»» MAIN LIVING AREAS

- _____ WIPE OUT ALL LIGHT FIXTURES.
- _____ VACUUM YOUR SOFA, RECLINER AND OTHER CHAIRS.
- _____ SPOT TREAT ANY STAINS THAT YOU FIND.
- _____ CLEAN YOUR CARPETS.
- _____ DUST AND WIPE DOWN THE LEAVES OF ANY HOUSEPLANTS.
- _____ WIPE DOWN THE BLADES OF YOUR CEILING FAN.
- _____ SORT THROUGH YOUR CDS, DVDS, BOOKS AND MAGAZINES.
- _____ THROW ALL THE PLASTIC TOYS INTO THE DISHWASHER.
- _____ STICK STUFFED ANIMALS INTO THE DRYER.
- _____ VACUUM AND WIPE DOWN THE BASEBOARDS.
- _____ VACUUM AND WIPE DOWN ALL AIR AND EXHAUST FANS.
- _____ WIPE DOWN ALL WINDOW BLINDS.
- _____ WASH THE WINDOWS AND THE WINDOW SCREENS.
- _____ WIPE DOWN ALL DOORKNOBS AND DOOR JAMS.
- _____ WIPE DOWN ALL THE SWITCH PLATES IN YOUR HOME.
- _____ WASH ALL THE CURTAINS.
- _____ ROLL UP ALL LARGE RUGS AND VACUUM AND MOP UNDERNEATH THEM.
- _____ MAKE SURE EACH ROOM HAS A TRASHCAN - WASH THEM.
- _____ REPLACE ALL THE BATTERIES IN ANY AND ALL SMOKE DETECTORS.
- _____ TAKE A BROOM TO THE CEILINGS AND CORNERS TO REMOVE COBWEBS.

»»»» KITCHEN

- _____ GO THROUGH THE PANTRY AND THROW OUT ALL THE JUNK FOOD!
- _____ TOSS ANY EXPIRED FOOD.
- _____ MAKE AN INVENTORY LIST OF STAPLES.
- _____ REMOVE EVERYTHING FROM THE CABINETS AND WIPE THEM DOWN.
- _____ DISCARD ANY CHIPPED, BROKEN, UNMATCHED DISHES, ETC.
- _____ CLEAN THE TOP OF CABINETS AND THE FRIDGE.
- _____ PLACE A LAYER OF PARCHMENT PAPER ON THE TOP OF THE FRIDGE AND CABINETS.
- _____ SANITIZE KITCHEN SPONGES – TRY 1 MINUTE IN THE MICROWAVE!
- _____ CLEAN THE OVEN VENTS AND KITCHEN EXHAUST FAN.
- _____ RUN ANY KITCHEN FILTERS THROUGH THE DISHWASHER.
- _____ DEGREASE AND WASH ALL STOVETOP BURNERS.
- _____ CLEAN THE OVEN.
- _____ SCRUB ALL THE BROWNEED BAKING DISHES.
- _____ CLEAN THE GARBAGE DISPOSAL UNIT.
- _____ WIPE OUT THE MICROWAVE.
- _____ SOAK THE SINK FAUCETS IN VINEGAR.
- _____ TAKE APART THE SINK TRAP AND RINSE OUT THE DRAIN.
- _____ WIPE OUT UNDERNEATH THE KITCHEN SINK.
- _____ ORGANIZE YOUR KITCHEN CLEANING SUPPLIES.
- _____ MAKE YOUR KITCHEN SINK SPARKLE.
- _____ MOVE APPLIANCES IF YOU ARE ABLE AND CLEAN UNDERNEATH THEM.
- _____ DISCARD EXPIRED OR UNUSED ITEMS FROM YOUR FRIDGE AND FREEZER
- _____ WASH THE SHELVES IN THE FRIDGE.
- _____ WIPE OUT THE WALLS OF YOUR FRIDGE.
- _____ ADD A NEW BOX OF BAKING SODA TO KEEP THE FRIDGE FRESH SMELLING!
- _____ DEFROST YOUR FREEZER, REMOVE CHUNKS OF ICE AND WIPE OUT.
- _____ WIPE DOWN ALL FRIDGE SEALS.
- _____ PULL YOUR FRIDGE OUT FROM THE WALL AND VACUUM OFF THE COILS IN THE BACK OF THE FRIDGE.
- _____ WASH YOUR PILLOWS. YES, YOU REALLY CAN WASH THEM!
- _____ SPRINKLE BAKING SODA ON THE MATTRESS AND LET IT SIT FOR AN HOUR.
- _____ VACUUM YOUR MATTRESS.
- _____ VACUUM UNDER YOUR BED.

- _____ GO THROUGH YOUR CLOTHES AND DISCARD UNUSED OR DAMAGED CLOTHES.
- _____ DE-PILL OLD SWEATERS TO MAKE THEM NEW.
- _____ SET ASIDE CLOTHES THAT NEED TO BE MENDED.
- _____ CLEAN YOUR CLOTHES IRON - ALL YOU NEED IS SOME SALT!
- _____ GO THROUGH THE LINEN CLOSET AND THROW AWAY ANY OLD, WORN OR TORN SHEETS.
- _____ WASH ALL THE TOWELS TO FRESHEN THEM UP!

BATHROOM

- _____ STICK THE SHOWER CURTAIN AND THE BATH MATS INTO THE WASH.
- _____ EMPTY THE BATHROOM SINK TRAPS AND CLEAN OUT THE DRAINS.
- _____ TAKE APART THE FAUCET AERATORS AND SOAK THEM IN VINEGAR TO DESCALE THEM.
- _____ MAKE A MINI-CLEANING BUCKET FOR EACH BATHROOM - CHECK IT'S SUPPLIES.
- _____ GIVE YOUR SHOWER WALLS, YOUR MIRROR AND OTHER GLASS SURFACES A GOOD CLEANING.
- _____ SOAK YOUR SHOWER HEAD WITH A BAGGIE OF VINEGAR.
- _____ REPLACE YOUR TOOTHBRUSHES (OR TOOTHBRUSH HEADS).
- _____ WASH YOUR TOOTHBRUSH HOLDER/CHARGERS.
- _____ CLEAN THE JET SYSTEM IN YOUR BATHTUB.
- _____ CLEAN OUT AND WASH YOUR HAIRBRUSH.
- _____ WIPE DOWN ALL BEAUTY TOOLS.
- _____ GET RID OF ANY OLD LOTIONS, OUTDATED MAKEUP.
- _____ WASH ALL OF YOUR MAKEUP BRUSHES, APPLICATORS AND REMOVERS.
- _____ WIPE DOWN THE WALLS, MOP THE FLOORS.
- _____ WIPE DOWN THE BASEBOARDS IN EACH ROOM.
- _____ CLEAN THE GROUT IN YOUR BATHROOM.

▶▶▶▶ HOME OFFICE

- _____ WIPE DOWN YOUR CELL PHONE WITH A DISINFECTANT,
- _____ CLEAN YOUR "KEY'ED ITEMS" LIKE TV REMOTES, SECURITY KEYPADS, ETC.
- _____ EMPTY OUT YOUR PURSE AND WIPE IT OUT.
- _____ REORGANIZE YOUR PURSE AND THE KIDS BACK PACKS.
- _____ ORGANIZE YOUR BILLS FROM THE PAST YEAR, DISCARD PAPERWORK YOU DO NOT NEED.
- _____ BACKUP YOUR COMPUTER HARD-DRIVE.
- _____ GO THROUGH YOUR EMAIL INBOX AND DELETE OLD EMAILS.
- _____ UNSUBSCRIBE FROM ANY SPAM EMAILS YOU ACCIDENTALLY SIGNED UP FOR.
- _____ ORGANIZE YOUR BILLS WITH A COMMAND CENTER.
- _____ MAKE A LIST OF THE DATES THAT THOSE BILLS NEED TO BE PAID.
- _____ PRINT FAMILY PHOTOS FROM THE PAST YEAR TO HAVE A HARD COPY OF YOUR MEMORIES.
- _____ VACUUM OUT THE VENTS IN YOUR COMPUTER.
- _____ REMOVE THE CASE TO YOUR COMPUTERS AND WITH A DUST CAN, BLAST THE FANS.
- _____ CLEAN YOUR COMPUTER KEYBOARD.

▶▶▶▶ CAR, GARAGE & OUTDOOR SPACES

- _____ EMPTY THE HOT WATER HEATER BY HOSE INTO YOUR BACKYARD.
- _____ SPRAY OUT THE OUTDOOR VENT FOR YOUR A/C UNIT.
- _____ CLEAN OUT ANY OUTDOOR EXHAUST FANS.
- _____ VACUUM OUT DUCT WORK LEADING TO THOSE FANS (LIKE THE DRYER VENT/FANS).
- _____ REMOVE ANY OIL STAINS FROM YOUR DRIVEWAY.
- _____ SCRUB DOWN THE STEERING WHEEL OF YOUR CAR.
- _____ CHANGE THE WIPERS AND APPLY WATERPROOFING COATING TO YOUR WINDSHIELD.
- _____ CLEAN AND BUFF THE LIGHTS ON YOUR VEHICLE.
- _____ DEGUNK THE CUP HOLDERS IN YOUR CAR.
- _____ VACUUM OUT THE INSIDE OF YOUR CAR AND WASH THE OUTSIDE.