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 CARPET.
☐ 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 browned 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.