

# Deep Cleaning Tasks - Kitchen

## FRIDGE

- ☐ Empty Fridge & Freezer
- ☐ Discard Expired items
- ☐ Wipe Down Shelves & drawers
- ☐ Clean crevices
- ☐ Organize food and replace in fridge & freezer

## OVEN AND STOVETOP

- ☐ Clean Racks
- ☐ Wipe spills
- ☐ Scrub burners or drip pans
- ☐ Wipe inside of oven
- ☐ wipe crevices of stove and oven
- ☐ Pull out stove and sweep/mop under

## CABINETS

- ☐ Wipe down doors
- ☐ Clean crevices of cabinets
- ☐ Pull everything out of cabinets
- ☐ Wipe inside of cabinets
- ☐ Declutter cabinets
- ☐ Put things you use back in
- ☐ Reorganize contents

## DRAWERS

- ☐ Wipe down outside of drawers
- ☐ Empty drawers
- ☐ Wipe inside of drawers
- ☐ Declutter drawers
- ☐ Put things you use back in
- ☐ Reorganize contents

## COUNTERTOPS AND BACKSPLASH

- ☐ Empty all surfaces
- ☐ Disinfect all surfaces
- ☐ Clean crevices
- ☐ Dry counters
- ☐ Declutter or find homes for things that were on the counter before
- ☐ Replace anything you use on the counter

## SINK AND FACET

- ☐ Empty Sink
- ☐ Deep clean the drain
- ☐ Remove mineral deposits
- ☐ Clean crevices
- ☐ Polish faucets
- ☐ Refil soap

# Deep Cleaning Tasks - Bathroom

## SHOWER/BATHTUB

- ☐ Empty Shower
- ☐ Throw away empty bottles
- ☐ Scrub tile and grout
- ☐ Remove hard water spots
- ☐ Wash walls and/or shower curtain
- ☐ Clean facet

## TOILET

- ☐ Throw trash away
- ☐ Clean outside of toilet
- ☐ Clean inside of toilet
- ☐ Clean hard water deposits
- ☐ Clean floor around toilet & behind toilet
- ☐ Replace toilet paper

## SINK AND VANITY

- ☐ Wipe down mirrors
- ☐ Wipe down fixtures
- ☐ Clear Sink area
- ☐ Wipe sink and disinfect
- ☐ Declutter anything set out on vanity
- ☐ Replace and organize items

## DRAWERS

- ☐ Empty drawers
- ☐ Wipe inside of drawers
- ☐ Add organizers, if needed
- ☐ Declutter items, discard old items
- ☐ Replace items and organize

## FLOORS

- ☐ Pick up laundry
- ☐ Throw away trash
- ☐ Sweep floors
- ☐ Mop Floors
- ☐ Wipe baseboards

## CABINETS

- ☐ Empty cabinets
- ☐ Wipe cabinets
- ☐ Add organizers, if needed
- ☐ Declutter items, discard old items
- ☐ Replace items and organize

# Deep Cleaning Tasks - Living Room

## FLOORS

- ☐ Pick up anything on the floor
- ☐ Vacuum carpet
- ☐ Spot clean stains
- ☐ Wipe down baseboards
- ☐ Clean carpets with carpet cleaner
- ☐ Shake out rugs and air out

## SURFACES

- ☐ Empty surfaces
- ☐ Wipe surfaces
- ☐ Dust and polish surfaces
- ☐ Declutter items
- ☐ Replace items you love

## FURNITURE

- ☐ Clear any items on furniture
- ☐ Wash any lose blankets or pillows
- ☐ Vacuum upholstered furniture
- ☐ Spot clean stains
- ☐ Wipe wooden surfaces
- ☐ Polish wood

## ELECTRONICS

- ☐ Dust TVs with a microfiber cloth
- ☐ Organize and label cords
- ☐ Declutter unused electronics
- ☐ Hide unnecessary electronics in cabinets
- ☐ Tidy cords with power strip

## WINDOWS & BLINDS

- ☐ Wash blinds with cleaner
- ☐ Clean windows, inside and out
- ☐ Wash curtains, if needed
- ☐ Clean window crevices
- ☐ Open window and clean window screen

## CABINETS OR DRAWERS

- ☐ Empty any cabinets or drawers
- ☐ Declutter
- ☐ Wipe cabinets and drawers
- ☐ Add organizers, if needed
- ☐ Replace items you use

# Deep Cleaning Tasks - Bedroom

## FLOORS

- ☐ Pick up anything on the floor
- ☐ Vacuum carpet
- ☐ Spot clean stains
- ☐ Wipe down baseboards
- ☐ Clean carpets with carpet cleaner
- ☐ Shake out rugs and air out

## SURFACES

- ☐ Empty surfaces
- ☐ Wipe surfaces
- ☐ Dust and polish surfaces
- ☐ Declutter items
- ☐ Replace items you love

## DRESSERS

- ☐ Clear any items on dresser
- ☐ Empty dresser
- ☐ Declutter items
- ☐ Wipe top of dresser
- ☐ Replace items on top
- ☐ Replace items in dresser

## MATTRESS

- ☐ Rotate or flip the mattress if needed
- ☐ Vacuum mattress to remove dust mites
- ☐ Wash sheets
- ☐ Clear any items under the bed
- ☐ Vacuum under bed

## WINDOWS & BLINDS

- ☐ Wash blinds with cleaner
- ☐ Clean windows, inside and out
- ☐ Wash curtains, if needed
- ☐ Clean window crevices
- ☐ Open window and clean window screen

## CEILING FANS & LIGHTS

- ☐ Dust fan blades
- ☐ Dust light fixtures
- ☐ Replace light bulbs, if needed

# Deep Cleaning Tasks