

The Deep Clean

STARTED _____

FINISHED _____

Kitchen

01

- ☐ Empty & wipe every cabinet
- ☐ Degrease range hood & filter
- ☐ Deep clean oven & racks
- ☐ Pull out & clean behind fridge
- ☐ Descale sink & faucet
- ☐ Wipe light fixtures
- ☐ Wash bins & under the sink
- ☐ Clean small appliances
- ☐ _____
- ☐ _____

Bathroom

02

- ☐ Scrub grout & caulk
- ☐ Descale shower head
- ☐ Wash bath mats & curtain
- ☐ Clear out drawers
- ☐ Disinfect toilet base & behind
- ☐ Clean exhaust fan
- ☐ Toss expired products
- ☐ Wipe doors & frames
- ☐ _____
- ☐ _____

Bedrooms

03

- ☐ Flip / rotate mattress
- ☐ Wash duvet & pillows
- ☐ Declutter closet
- ☐ Vacuum under the bed
- ☐ Dust ceiling fan & vents
- ☐ Wash curtains
- ☐ Wipe baseboards
- ☐ Clean windows inside
- ☐ _____
- ☐ _____

Living areas

04

- ☐ Vacuum sofa & under cushions
- ☐ Spot clean upholstery
- ☐ Dust shelves & books
- ☐ Clean lamps & shades
- ☐ Wipe remote & electronics
- ☐ Wash throws & cushions
- ☐ Clean windows & sills
- ☐ Move furniture & vacuum
- ☐ _____
- ☐ _____

Entry & laundry

05

- ☐ Sort shoes & coats
- ☐ Wash doormats
- ☐ Wipe front door & handle
- ☐ Clean washer seal
- ☐ Clean dryer lint trap & vent
- ☐ Declutter supplies
- ☐ Mop & wipe walls
- ☐ Check bulbs
- ☐ _____
- ☐ _____

Whole house

06

- ☐ Dust high corners & cobwebs
- ☐ Wipe all switches & handles
- ☐ Clean air vents & returns
- ☐ Replace HVAC filter
- ☐ Test smoke & CO alarms
- ☐ Wash all trash cans
- ☐ Shampoo carpets / rugs
- ☐ Declutter one donation bag
- ☐ _____
- ☐ _____