

BH&G 30-Day Cleaning Challenge

Refresh your home in a matter of days with our simple cleaning checklist. Follow along daily or jump in as needed for 30 easy room-by-room tasks.



WEEK 1 LIVING AREAS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Prep cleaning supplies	Dust light fixtures	Clean bookshelves	Polish picture frames	Refresh sofa	Wipe down walls	Vacuum under furniture

WEEK 2 KITCHEN

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Clean dishwasher filter	Deep-clean microwave	Degrease vent hood filter	Get a spotless stove top	Deodorize garbage disposal	Wipe down cabinets	Scrub countertops

WEEK 3 BATHROOMS

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Remove grime from showerhead	Sanitize shower curtain and liner	Clean shower walls and door	Dust baseboards	Disinfect toilets	Deep-clean floors	Wipe down washing machine

WEEK 4 BEDROOMS

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Dust ceiling fan	Refresh curtains	Polish wood furniture	Clean air vents	Wash pillows	Deep-clean under bed	Vacuum area rugs

DAY 29	DAY 30
Remove grime from window tracks	Test batteries in smoke and carbon monoxide detectors



Simply hover your smartphone camera over this smart code to find tutorials and tips for each cleaning task.