

# 30-Day Cleaning Checklist

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 BATHROOM

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

## WEEK 4 BEDROOM

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 detectors