

a CLEAN HOUSE in ONE DAY

BATHROOMS CHECKLIST

- Clear toiletries, shampoos from tub & sinks
- Squirt or spray bathroom cleaner onto sink, tub and shower
- Spray toilet surfaces with cleaner, squirt in toilet bowl cleaner
- Scrub tub/shower, sink and taps with sponge
- Scrub toilet bowl with brush
- Throw shower curtain and tub mat in wash
- Sweep, vacuum and mop floors all around fixtures and bath
- Empty wastebaskets, hang up clean towels, curtain and mats

KITCHEN CHECKLIST

- Move everything from counter, squirt cleaner over counter and stove tops
- Use a sponge to wipe down and clean around sink, countertops and appliance fronts.
- Wipe down cabinets with a mixture of white vinegar and water and a damp rag or sponge.
- Wipe handles and knobs, wipe down appliances on counter like microwave
- Clean the top of oven or stove to get rid of grease and spills.
- Put a bowl of hot water in microwave for 2 minutes. Wipe down inside.
- Sweep, vacuum and mop floors
- Empty wastebaskets

BEDROOM CHECKLIST

- Dust furniture, lamp shades and window sills
- Throw sheets in wash, dry
- Make beds
- Windex mirrors and glass
- Sweep or vacuum floors and under bed
- Use vac attachment to dust curtains and blinds

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LIVING DINING ROOM CHECKLIST

- Dust furniture with allergen attracting polish on a rag or old t-shirt
- Pick up and move things around to dust all surfaces
- Use handheld attachment to vacuum chairs & sofas including under the cushions
- Vacuum floors or sweep and dry mop
- Vacuum or dust window sills
- Fluff pillows and throws

HOME OFFICE CHECKLIST

- Dust furniture with allergen attracting polish on a rag or old t-shirt
- Pick up and move things around to dust all surfaces
- Use an antibacterial wipe to clean keyboards and mouse
- Spray Windex or vinegar mix on cloth and lightly wipe screens
- Vacuum floors or sweep and dry mop
- Vacuum or dust window sill and blinds

EXTRAS

- Clean up house plants and pick up dead leaves, spilled soil and water in saucers.
- Clean out dog or cat bowls. Shake and flip beds and put outside to air.
- Sweep and mop laundry room floor. Clean out washer and dryer lint filters.
- Use anti-bacterial cleaner on doorknobs and handles but realize it won't kill viruses.