SPRING CLEANING CHECKLIST

All Rooms	Living Room	Kitchen
Dust light fixtures and ceiling fans	Dust the TV screen	Wipe down cabinets and knobs
Wash walls and windows	☐ Wipe down accent tables	Dust and wipe down the top of
Doors (Don't forget to clean the tops of the door too!)	☐ Vacuum area rug ☐ Clean out your couch crevices	your fridge Toss old food from the fridge and
☐ Wipe down baseboards	Wash curtains (be sure to check	pantry
Clean air vents	the labels!)	☐ Wipe down your fridge
Dust blinds and windows (When cleaning blinds using a dryer	Wash throw blankets and throw pillow covers	Disinfect sink, faucet, and counters
sheet is a great method!)	QUICK TIP	Wipe down the outside of your trashcan
De-clutter any drawers or messy areas	Rotate your rugs so they wear evenly,	Clean the oven and your stovetop
☐ Vacuum	especially in hi-traffic areas of your home.	☐ Wipe down the microwave
☐ Mop floors	Control	☐ Wash floors
Replace HVAC//furnace filter	Bedrooms	
QUICK TIP	Dust ceiling fan	QUICK TIP To clean your microwave, combine one
Set a timer for each room and make it a challenge to finish before the	☐ Wash bedding	cup of water, one cup of vinegar, and two tablespoons of lemon juice in a bowl.
timer is up!	☐ Wash your pillows	Microwave on high for two minutes, then
The same of the sa		wipe down your microwave with
ROBECTE SHOWING FATHERING AT 10 CONTROL OF THE STATE OF T	Clean and vacuum under bed	a damp cloth.
Bathrooms	Clean and vacuum under bed and dressers	
Bathrooms Clean mirrors		
_	and dressers	a damp cloth. Closets Pull out EVERYTHING in your
Clean mirrors	and dressers Rotate your mattress	Closets Pull out EVERYTHING in your closet and go through what you
Clean mirrors Change shower curtain liner	and dressers Rotate your mattress Dust baseboards	Closets Pull out EVERYTHING in your closet and go through what you want to keep, donate, or sell
☐ Clean mirrors ☐ Change shower curtain liner ☐ Clean shower head	and dressers Rotate your mattress Dust baseboards Wash windows Clean out your nightstand	a damp cloth. Closets Pull out EVERYTHING in your closet and go through what you want to keep, donate, or sell Wipe down shelves, closet doors, and vacuum the floor while you
Clean mirrors Change shower curtain liner Clean shower head Clean tub and drain	and dressers Rotate your mattress Dust baseboards Wash windows Clean out your nightstand QUICK TIP Keep your mattress fresh. Sprinkle baking	Closets Pull out EVERYTHING in your closet and go through what you want to keep, donate, or sell Wipe down shelves, closet doors, and vacuum the floor while you have clothes removed
 ☐ Clean mirrors ☐ Change shower curtain liner ☐ Clean shower head ☐ Clean tub and drain ☐ Empty and wipe down all cabinets 	and dressers Rotate your mattress Dust baseboards Wash windows Clean out your nightstand QUICK TIP	a damp cloth. Closets Pull out EVERYTHING in your closet and go through what you want to keep, donate, or sell Wipe down shelves, closet doors, and vacuum the floor while you
 ☐ Clean mirrors ☐ Change shower curtain liner ☐ Clean shower head ☐ Clean tub and drain ☐ Empty and wipe down all cabinets ☐ Clean counter-tops and sinks 	and dressers Rotate your mattress Dust baseboards Wash windows Clean out your nightstand QUICK TIP Keep your mattress fresh. Sprinkle baking soda on the surface and rub in with a	Closets Pull out EVERYTHING in your closet and go through what you want to keep, donate, or sell Wipe down shelves, closet doors, and vacuum the floor while you have clothes removed

head and sink faucets, use twist ties and a plastic bag mixed with white vinegar. Leave it on overnight for an extra deep clean!