

De-Clutter Before You Clean

- surfaces
- floor
- hot spots

entryway	<input type="checkbox"/>
hallway	<input type="checkbox"/>
kitchen	<input type="checkbox"/>
bathroom(s)	<input type="checkbox"/>
bedroom(s)	<input type="checkbox"/>
living spaces	<input type="checkbox"/>
dining room	<input type="checkbox"/>
office/work space	<input type="checkbox"/>

3 Day Deep Cleaning Plan

- Day 1: Do an extensive dust, dust all edges and corners
- Day 1: Vacuum or wash all walls
- Day 2: Vacuum all edges (where baseboard touch floor)
- Day 2: Wash all baseboards
- Day 2: Wash all baseboards
- Day 3: Use a disinfecting wipe, wipe all switches and outlets
- Day 3: Use a disinfecting wipe, wipe all door trims
- Day 3: Wash window and light fixtures
- Day 3: Wash shower and light fixtures
- Day 3: Dust dry ceiling fans
- Day 3: Clean refrigerator and freezer (just inside + out)
- Day 3: Clean oven and microwave (inside and out)
- Day 3: Clean dishwasher
- Day 3: Remove items from kitchen counter and wash
- Day 3: Clean pantry or food storage (discard expired items)
- Day 3: Organize pantry/food storage

Deep Cleaning Checklist

- Use an extensive dust, dust all edges and corners
- Vacuum or remove and wash all walls
- Vacuum all edges (where baseboard touch floor)
- Wash baseboards
- Wipe down walls + spot clean for fingerprints and smudges
- Use a disinfecting wipe, wipe all switches and outlets
- Use a disinfecting wipe, wipe all door trims
- Wash window and light fixtures
- Wash shower and light fixtures
- Clean refrigerator and freezer (wipe inside, wash out)
- Clean oven and microwave (inside and out)
- Clean dishwasher
- Remove items from kitchen counter and wash counter
- Clean pantry or food storage (throw away expired items)
- Organize pantry/food storage
- Remove items and wipe out all kitchen drawers
- Remove items and wipe out upper drawer cupboards

7 DEEP cleaning worksheets

<h4>the one day clean</h4> <ul style="list-style-type: none"> dust corners and edges vacuum baseboards wash windows clean lightbulbs wash fan blades 	<h4>the weekend clean</h4> <ul style="list-style-type: none"> dust corners and edges vacuum baseboards wash windows clean carpets wash baseboards 	<h4>the 1 week clean</h4> <ul style="list-style-type: none"> dust corners and edges (just) air light fixtures clean kitchen appliances clean pantry or food storage clean cabinet trim 	<h4>the DIY deep clean</h4>
<h4>kitchen</h4> <ul style="list-style-type: none"> clean counter wash sink clean cabinet wipe down wipe refrigerator clean stove clean microwave clean dishwasher appliance front 	<h4>bathroom</h4> <ul style="list-style-type: none"> clean counter wash counter clean cabinet clean sink clean toilet clean shower clean tub clean floor clean stool 	<h4>bedroom</h4> <ul style="list-style-type: none"> clean and wash curtains wash bed and towel wipe down cabinet - inside and out wipe down dresser - inside and out clean small + large appliances 	<h4>living spaces</h4> <ul style="list-style-type: none"> vacuum corners and edges (just) vacuum baseboards wash windows air lightbulbs
<h4>living spaces</h4> <ul style="list-style-type: none"> clean surface dust surface clean mantle put away wash window blind put away books clean furniture remove treatment clean coffee table wipe side table put away + clean put away + clean put away 	<h4>bedroom</h4> <ul style="list-style-type: none"> clean surface dust surface replace mattress wash window blind wash bedding dust bed frame clean furniture remove treatment put away + clean put away + clean clean dresser clean nightstand 	<h4>living spaces</h4> <ul style="list-style-type: none"> dust + clean furniture clean window treatments flip and/or wash mattress wash bedding and pillow dust lamp and lampshade 	<h4>living spaces</h4> <ul style="list-style-type: none"> wash window clean window treatments replace mattress wash of bedding
<h4>living spaces</h4> <ul style="list-style-type: none"> dust and clean all furniture clean nightstand and dresser vacuum whole house put away books 	<h4>bedroom</h4> <ul style="list-style-type: none"> dust + clean furniture clean window treatments flip and/or wash mattress wash bedding and pillow dust lamp and lampshade 	<h4>living spaces</h4> <ul style="list-style-type: none"> vacuum corners and edges (just) vacuum baseboards wash windows air lightbulbs clean kitchen appliances clean pantry or food storage clean cabinet trim 	<h4>bedroom</h4> <ul style="list-style-type: none"> clean and wash curtains wash bed and towel wipe down cabinet - inside and out wipe down dresser - inside and out clean small + large appliances

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