

deep cleaning cheat sheet

pick one from each category every day for a clean house

kitchen

- wipe down and organize one cabinet or drawer
- remove everything from the counter and deep clean it
- organize and wash one shelf or drawer in the fridge or freezer
- scrub the sink and fill with water and a splash of bleach
- declutter under the sink
- clean the kitchen windows or door
- organize one pantry shelf
- run vinegar through your coffee maker and then flush it out with water
- wash out the trash cans
- mop kitchen floor (try wiping it down with a cloth to get it clean quickly)
- polish the outside of your appliances
- clean microwave by heating water for 5 minutes, letting it sit for 5 minutes, then wiping it down

bathroom

- wash bath mats and let them dry in the sun, then fluff in the dryer
- clean one mirror
- organize under the sink and wipe down the cabinet
- throw away old makeup, medicine, and toiletries
- scrub out your toothbrush holder and soap dish
- clean the bathroom windows
- deep clean one toilet and its surrounds
- wipe down baseboards and floors with a cloth
- scrub the sink and polish the faucet
- declutter and wipe down counter
- organize and clean medicine cabinet
- clean the bathtub
- clean the shower (divide into two days if it seems like a big job)
- wash the shower curtain liner

everywhere else

- organize and dust one shelf of books
- remove the couch cushions and vacuum under them, and wash the covers
- clean the baseboards in one room
- mop the floors in one room
- dump out and organize one dresser drawer
- clean under one bed
- dust under one large piece of furniture
- clean the windows in one room
- clean the junk out of your car and wipe down the dash and seats
- climb up on a ladder and clean one ceiling fan or light fixture
- dust the blinds or wash the curtains in one room
- declutter the top shelf of your closet
- throw away one trash bag of junky kids stuff
- deal with paper clutter in one room