

30 DAY spring clean

ALL ROOMS

DAY TASK

- 1 Dust ceiling fans and clean light fixtures
- 2 Clean windowsills and window tracks
- 3 Vacuum curtains and window blinds
- 4 Wipe down baseboards, dust corners and ceilings
- 5 Replace batteries in smoke detectors
- 6 Disinfect doorknobs, handles and light switches
- 7 Shake out and vacuum all rugs and floor mats
- 8 Replace air filters and lightbulbs as needed
- 9 Clean air vents and registers
- 10 Remove furniture cushions and vacuum crevasses

KITCHEN

DAY TASK

- 11 Discard expired food in pantry, fridge, and freezer
- 12 Clear out cabinets and wash the shelves and doors
- 13 Clean coffee pot and other small appliances
- 14 Clean refrigerator and defrost the freezer
- 15 Clean behind and beneath the refrigerator
- 16 Clean oven and scrub the stovetop

BEDROOMS

DAY TASK

- 17 Wash bedding, comforters and pillows
- 18 Rotate mattresses

BATHROOMS

DAY TASK

- 19 Properly dispose of expired medicine/product
- 20 Get a new toothbrush
- 21 Scrub tile grout and tile around the toilet
- 22 Wash shower curtain and replace curtain liner
- 23 Clean showerhead

LAUNDRY

DAY TASK

- 24 Clean behind the washer and dryer
- 25 Clean the lint traps in your dryer and washer

OTHER

DAY TASK

- 26 Clean computer keyboards and mouse
- 27 Wash garbage cans and recycling bins
- 28 Wash windows
- 29 Clean out car and get a car wash
- 30 Clean patio surfaces and furniture