

# MONTHLY DEEP CLEANING CHECKLIST

MONTH: \_\_\_\_\_ COMPLETED BY: \_\_\_\_\_

## KITCHEN & PANTRY

- Clean inside oven & microwave
- Sanitize refrigerator & freezer shelves
- Degrease range hood filter
- Wipe down cabinet exteriors
- Descalc coffee maker & kettle
- Clean dishwasher filter

## LIVING AREAS

- Dust ceiling fans & light fixtures
- Vacuum upholstery & under cushions
- Polish wood furniture
- Sanitize remote controls & switches
- Wash throw pillows & blankets

## BATHROOMS

- Scrub grout lines & tile
- Wash shower curtains & liners
- Organize medicine cabinet
- Clean exhaust fan cover
- Polish faucets & hardware

## BEDROOMS

- Rotate mattress
- Dust baseboards & crown molding
- Organize closet shelves
- Vacuum under the bed
- Wipe down mirrors

## WHOLE HOUSE (MONTHLY TASKS)

- Replace HVAC filters
- Clean window tracks & sills

Wipe door frames & knobs

Vacuum vent covers

Spot clean carpets & rugs

Wash trash bins

## **MAINTENANCE NOTES**