

# MONTHLY DEEP CLEANING CHECKLIST

Month: \_\_\_\_\_ Year: 20\_\_\_\_ Status:  In Progress  Complete

## KITCHEN & PANTRY

Degrease oven and stovetop

Clean dishwasher filter & seal

Sanitize trash can & recycling bin

Wipe down cabinet fronts & pulls

Empty fridge; wipe shelves & bins

Vacuum refrigerator coils

## BATHROOMS

Scrub tile grout & caulk lines

Descalcify showerheads & faucets

Wash shower curtain/liner

Organize medicine cabinet

Deep clean drain traps

Wipe down baseboards

## LIVING & COMMON AREAS

Vacuum upholstery & under cushions

Dust ceiling fans & light fixtures

Wipe window tracks & sills

Polish wood furniture

Sanitize remotes & switches

Clean fireplace or heater vents

## BEDROOMS & CLOSETS

Flip/rotate mattress

Wash pillows & comforters

Vacuum closet floors & corners

Dust picture frames & mirrors

---

Launder bed skirts/curtains

---

Organize one drawer/shelf

---

### **WHOLE HOUSE MAINTENANCE**

Replace HVAC air filters

---

Test smoke & CO detectors

---

Clean dryer vent & lint trap

---

Wash all interior windows

---

### **FLOOR & DETAIL WORK**

Steam clean carpets/area rugs

---

Polish hardwood floors

---

Wipe down door frames & knobs

---

Dust corners for cobwebs

---

### **ADDITIONAL TASKS & NOTES**