

# MONTHLY DEEP CLEANING

MONTH: \_\_\_\_\_ YEAR: \_\_\_\_\_

## KITCHEN

Clean oven interior & racks  
Degrease range hood filter  
Empty & sanitize refrigerator  
Vacuum coils behind fridge  
Organize pantry & wipe shelves  
Descale coffee maker/kettle

## LIVING AREAS

Steam clean carpets/rugs  
Dust ceiling fans & fixtures  
Polish wood furniture  
Vacuum upholstery & crevices  
Wipe baseboards & moldings

## BATHROOMS

Scrub tile grout lines  
Clean exhaust fan covers  
Sanitize waste bins  
Wipe inside vanity cabinets  
Polish mirrors & hardware

## BEDROOMS & GENERAL

Rotate/Flip mattresses  
Wash pillows & comforters  
Clean window tracks & sills  
Disinfect door knobs & switches

Dust air vents/registers

**Additional Focus / Notes:**