

# MONTHLY DEEP CLEANING

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

## KITCHEN

Clean inside oven & microwave  
Degrease range hood filter  
Wipe inside fridge & freezer  
Vacuum coils behind fridge  
Organize pantry & wipe shelves  
Sanitize dishwasher filter

## LIVING AREAS

Dust ceiling fans & light fixtures  
Vacuum upholstery & under cushions  
Polish wood furniture  
Wash throw blankets & pillow covers  
Dust baseboards & door frames  
Clean windows & tracks

## BATHROOMS

Scrub grout lines  
Clean inside medicine cabinet  
Wash shower curtain/liner  
Descalcify shower head & faucets  
Sanitize trash bins  
Clear & wipe vanity drawers

## BEDROOMS

Flip/rotate mattress  
Wash mattress protector  
Dust blinds & curtain rods  
Vacuum under the bed  
Organize closet floor  
Clean mirrors & wall decor

## MONTHLY MAINTENANCE / NOTES

Additional tasks: (HVAC filters, Smoke detector tests, Drain maintenance...)