

# MONTHLY DEEP CLEANING GUIDE

Focusing on the often-overlooked details

MONTH: \_\_\_\_\_ COMPLETION GOAL: \_\_\_\_/\_\_\_\_/\_\_\_\_

## **Kitchen**

Clean inside dishwasher & filter

Degrease oven and stovetop

Wipe inside microwave & toaster

Disinfect trash cans

Vacuum refrigerator coils

## **Living Areas**

Dust ceiling fans & light fixtures

Polish wood furniture

Vacuum upholstery & under cushions

Sanitize remotes & electronics

Clean baseboards & moldings

## **Bathrooms**

Scrub grout lines

Soak showerheads in vinegar

Clean inside medicine cabinet

Wash shower liners & bath mats

Dust exhaust fan vents

## **Bedrooms & Textiles**

Rotate mattress

Wash pillows & comforters

Dust window blinds/wash curtains

Vacuum closet floors

Clean mirrors & glass frames

## **Whole House General**

Replace HVAC filters

Wipe door handles & light switches

Test smoke & CO detectors

Vacuum window tracks