

MONTHLY DEEP CLEANING CHECKLIST

Month: _____

KITCHEN

- Clean inside oven & microwave
- Degrease range hood filter
- Sanitize dishwasher & garbage disposal
- Wipe out fridge & freezer drawers
- Clean cabinet faces & hardware

LIVING AREAS

- Dust ceiling fans & light fixtures
- Vacuum upholstery & under cushions
- Dust baseboards & door frames
- Polish wood furniture
- Wash throw pillows & blankets

BATHROOMS

- Scrub tile grout & shower tracks
- Clean inside medicine cabinet
- Wash shower curtain/clean glass
- Sanitize waste bins
- Clear sink & tub drains

BEDROOMS

- Flip/Rotate mattress
- Wash mattress protector & duvets
- Organize closet shelves
- Dust behind headboard & bed frame
- Clean mirrors & windowsills

WHOLE HOUSE (GENERAL)

- Replace HVAC air filters
- Disinfect doorknobs & light switches
- Vacuum window tracks & screens

Wash windows (interior)

Dust blinds & shutters

NOTES & REMINDERS

Template Example Monthly Deep Clean v1.0