

MONTHLY DEEP CLEANING

MONTH: _____

KITCHEN

- Clean inside oven & dishwasher
- Degrease range hood filter
- Sanitize trash cans
- Wipe inside cabinets & drawers
- Clean behind refrigerator

LIVING AREAS

- Dust ceiling fans & light fixtures
- Vacuum upholstery & under cushions
- Polish wood furniture
- Clean baseboards & door frames
- Sanitize remote controls & switches

BATHROOMS

- Scrub grout lines
- Clean shower head (descale)
- Organize medicine cabinet
- Wash shower curtain/liner
- Wipe down walls

BEDROOMS & MISC

- Flip/rotate mattresses
- Wash pillows & comforters
- Clean window tracks & glass
- Dust blinds/laundry curtains
- Wipe vents & air returns

NOTES & MAINTENANCE