

THE ULTIMATE CLEANING CHECKLIST

BROUGHT TO YOU BY STYLE CURATOR AND ORGANIC CHOICE

MORNING

- ☐ Make beds
- ☐ Pick up dirty laundry
- ☐ Put on a load of laundry
- ☐ Empty dishwasher

DAILY CLEANING

EVENING

- ☐ Clean dishes or load dishwasher
- ☐ Wipe down sinks and bench tops in kitchen and bathrooms
- ☐ Sweep floors
- ☐ 10 minute dash around the home to straighten out rooms



WEEKLY CLEANING

MONDAY

- ☐ Empty rubbish bins
- ☐ Dust skirting, moldings, door frames, fans, lamps, and furniture surfaces using a microfibre cloth

TUESDAY

- ☐ Clean bathrooms, removing all items from the vanity, spraying the bench top, shower and/or bath with multipurpose cleaner. Clean the toilet, being sure to clean inside, outside, and behind the bowl. Clean mirrors and then vacuum and mop.

WEDNESDAY

- ☐ Clean kitchen, wiping appliance fronts, cupboard doors, and thoroughly cleaning bench tops. Also wipe clean inside your microwave and wash sinks with disinfectant cleaner. Finish by vacuuming and moping.

THURSDAY

- ☐ Empty rubbish bins
- ☐ Tidy laundry, wipe down appliances, fold clothing and ironing

FRIDAY

- ☐ Clean carpets and rugs
- ☐ Vacuum and mop other flooring in the house

SATURDAY

- ☐ Empty rubbish bins
- ☐ Tidy bedrooms, changing bed sheets, wiping down bedside tables, and putting away items

SUNDAY

- ☐ Clean living room, wiping TV screen, entertainment unit or any other furniture, clearing away items that don't belong
- ☐ Light a candle and put your feet up, you've earned it



MONTHLY CLEANING

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| <input type="checkbox"/> JANUARY Clean and organise the garage and/or storage room | <input type="checkbox"/> JULY Wash walls and touch up paint where needed |
| <input type="checkbox"/> FEBRUARY Polish silver, dust inside any china or ornament cabinets, dust anywhere that isn't cleaned weekly | <input type="checkbox"/> AUGUST Organise wardrobes, donating or throwing away items you no longer use |
| <input type="checkbox"/> MARCH Clean bathroom cupboards and throw away any expired medication or beauty products | <input type="checkbox"/> SEPTEMBER Clean all hard-to-reach places such as behind the fridge, washing machine, sofa or other large furniture |
| <input type="checkbox"/> APRIL Wash blankets, mattress protectors and any other heavy bedding | <input type="checkbox"/> OCTOBER Steam clean carpets (and get pest control over before you clean your windows next month) |
| <input type="checkbox"/> MAY Declutter office and organise personal files | <input type="checkbox"/> NOVEMBER Clean all windows inside and out |
| <input type="checkbox"/> JUNE Organise the pantry and kitchen cupboards, throwing away any expired food | <input type="checkbox"/> DECEMBER Clean stove, oven and thoroughly defrost/clean fridge and freezer |



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