

30 DAY HOUSECLEANING PLAN

1

Bathroom:

Clean the mirror, sink, bathtub, shower doors (or curtain), toilet.

2

Family Room:

Dust window sills, light switches, ceiling fans, lamp shades, and door frames

3

Family Room:

Wipe down walls and vacuum and or sweep and mop floors.

4

Family Room:

Clean the furniture, mirrors, door knobs and phones.

5

Laundry:

Wash clothes and bed-sheets and kitchen towels

6

Declutter:

Choose one, (junk mail, newspapers, magazines, books, the closet)

7

Kitchen:

Clean the refrigerator in and out. Then Sweep and mop the floor.

8

Bathroom:

Time to clean the bathroom again.

9

Floors:

Vacuum carpets, Sweep and mop all floors and Empty all trash.

10

Kitchen:

Clean the oven and microwave.

11

Kitchen:

Clean and polish kitchen appliances and sweep the floor.

12

Laundry:

Wash clothes and bed-sheets and kitchen towels

13

Kitchen:

Declutter, organize and clean kitchen cabinets.

14

Floors:

Vacuum carpets, Sweep and mop all floors and Empty all trash.

15

Bathroom:

Time to clean the bathroom again.

16

Declutter:

Choose one, (junk mail, newspapers, magazines, books, the closet)

17

All Rooms:

Wipe window sills, baseboards, light switches, ceiling fans, lampshades, door frames, top of refrigerator, mirrors in living room, door knobs, phones

18

All Windows:

Clean the windows on the interior

19

Laundry:

Wash clothes and bed-sheets and kitchen towels

20

Closet:

Hang clothes, sort shoes, purses, ties, belts

21

Floors:

Vacuum carpets, Sweep and mop all floors and Empty all trash.

22

Bathroom:

Time to clean the bathroom again.

23

Declutter:

Choose one, (junk mail, newspapers, magazines, books, the closet)

24

Kitchen:

Clean the stove hood and sweep the floor.

25

Bedrooms:

Clear the floor of stuff. Put everything in its place, then vacuum or sweep the floor.

26

Laundry:

Wash clothes and bed-sheets, shower curtain, mats used on bathroom floor, kitchen towels

27

Declutter:

Choose one, (junk mail, newspapers, magazines, books, the closet)

28

All Rooms:

Wipe window sills, baseboards, light switches, ceiling fans, lampshades, door frames, top of refrigerator, mirrors in living room, door knobs, phones

29

Bathroom:

Time to clean the bathroom again.

30

Floors:

Vacuum carpets, Sweep and mop all floors and Empty all trash.