

# Monthly

## DEEP CLEANING CHECKLIST

### KITCHEN

Disinfect countertops with Clorox spray  
Disinfect sink with Clorox spray  
Wipe down cabinets  
Clean out refrigerator and wipe down shelves with Clorox Wipes  
Clean stovetop  
Wipe down inside and outside of microwave  
Dust tops of cabinets  
Vacuum and mop floor  
Wash rugs  
Organize pantry

### LIVING ROOM

Vacuum underneath couch  
Vacuum couch and cushions  
Dust furniture  
Dust electronics  
Put movies and games away  
Vacuum/mop floor

### LAUNDRY ROOM

Vacuum out dryer vent  
Run clean cycle on washer  
Empty trash can  
Vacuum and mop floor  
Wash rugs

### WHOLE HOUSE

Wipe down baseboards  
Vacuum airvents, wipe down with Clorox wipes  
Replace air filters  
Dust ceiling fans  
Wipe down windows and windowsills  
Vacuum and mop floor

### BATHROOMS

Clean bathtub  
Clean toilets with Clorox toilet bowl cleaner  
Clean outside toilets with Clorox spray  
Wipe down mirrors  
Clear off countertops  
Disinfect countertop with Clorox spray  
Wash rugs  
Wash towels  
Replace toilet paper  
Vacuum and mop floors

### BEDROOMS

Vacuum underneath beds  
Dust furniture  
Wash bedding  
Organize closets  
Vacuum floors

### DEN

File paperwork  
Dust furniture  
Wipe down electronics  
Vacuum/mop floor

