

HOW OFTEN SHOULD YOU

CLEAN

EVERYTHING

Every Day

- Make bed
- Do laundry
- Clean dishes and coffeemaker
- Wipe down kitchen counters and tables
- Wipe down bathroom surfaces
- Sanitize kitchen and bathroom sinks
- Sweep kitchen floors

- Change bedding
- Clean mirrors
- Clean inside of microwave
- Wipe down kitchen appliances
- Vacuum floors and furniture
- Mop kitchen and bathroom floors
- Scrub bathroom surfaces

Every Week

- Dust blinds
- Dust ceiling fan
- Clean light fixtures
- Vacuum vents and woodwork
- Clean dishwasher
- Clean washing machine
- Clean vacuum and filters

- Clean kitchen range hood
- Clean inside of fridge and freezer
- Clean inside of oven
- Wash shower curtain liner
- Wash pillows and comforters
- Vacuum mattress
- Clean under and behind furniture
- Freshen drains and garbage disposal
- Wash car

Every 3-6 Months

- Deep clean windows
- Deep clean carpet and upholstery
- Clear out gutters
- Clean around dryer and vents
- Clean fireplace and chimney

Every Year

