Deep Cleaning Checklist

Room by room: the jobs a weekly clean skips. Work top to bottom.

Date started _____

Kitchen

- [ ] Clean inside the oven
- [ ] Degrease the range hood & filter
- [ ] Empty and wipe the fridge
- [ ] Defrost and wipe the freezer
- [ ] Clean the microwave
- [ ] Wipe cabinet fronts and handles
- [ ] Clean inside cabinets & drawers
- [ ] Descale kettle / coffee maker
- [ ] Clean the dishwasher filter
- [ ] Scrub the sink and drain

Living areas

- [ ] Dust ceiling fans and light fixtures
- [ ] Wipe baseboards and doors
- [ ] Vacuum under sofas and cushions
- [ ] Clean upholstery / spot clean
- [ ] Wash throw pillows and blankets
- [ ] Dust books and shelves
- [ ] Wipe electronics and remotes
- [ ] Clean windows and sills

Bathrooms

- [ ] Scrub grout and tiles
- [ ] Descale the shower head
- [ ] Clean the exhaust fan
- [ ] Wash the shower curtain / liner
- [ ] Clean behind the toilet
- [ ] Empty and wipe drawers
- [ ] Throw out expired products
- [ ] Wash bath mats

Bedrooms

- [ ] Wash pillows and duvet
- [ ] Vacuum and flip the mattress
- [ ] Vacuum under the bed
- [ ] Declutter nightstands
- [ ] Wipe closet shelves
- [ ] Donate unworn clothes
- [ ] _____
- [ ] _____
- [ ] _____

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Entry, laundry and the whole house.

Entry & laundry

- [ ] Wash the doormat
- [ ] Clean the front door both sides
- [ ] Sort shoes and coats
- [ ] Clean the washer seal & drawer
- [ ] Clean the dryer lint trap & vent
- [ ] Wipe laundry shelves

Whole house

- [ ] Wipe light switches & door handles
- [ ] Dust vents and radiators
- [ ] Clean all mirrors
- [ ] Wash curtains
- [ ] Mop behind appliances
- [ ] Test smoke & CO detectors

Outdoor / balcony

- [ ] Sweep and wash the floor
- [ ] Wipe outdoor furniture
- [ ] Clean outside windows
- [ ] Clear gutters (if safe)
- [ ] Tidy the garage or storage

My extra tasks

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Supplies to buy / notes

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