

# The Ultimate Cleaning Checklist

Studies show that by staying on top of something as simple as cleaning it can help you de-stress and feel calm after a long day. After years in the cleaning industry, we also know that cleaning can run away from the best of us. This checklist breaks those dreaded chores into manageable scheduled chunks. Pop this on your fridge and feel calm again!

**I CAN  
DO IT!**

NAME \_\_\_\_\_

GOAL \_\_\_\_\_

*eg. 'stick to daily and weekly tasks' for three months- make yourself accountable!*

## DAILY

- Make the bed
- Straighten room.
- Take out rubbish
- Wash the dishes
- Wipe down table counters and sink

## WEEKLY

- Vacuum/Mop floors
- Dust all hard surfaces
- Throw out expired food
- Disinfect Kitchen sink and counter tops
- Disinfect Toilets, Showers and sinks
- Wipe down mirrors

## MONTHLY

- Scrub stove tops and burner grates
- Dust house
- Clean ceiling fans
- Disinfect bins
- Clean Microwave

## 3-6 MONTHS

- Clean Blinds and/or handwash curtains
- Shake out rugs
- Dust Lamp Shades
- Wash windows inside and out\*\*
- Clean and degrease stove hood
- Clean fridge and freezer
- Vacuum mattress and flip
- Clean out gutters and roof\*\*

## 6-12 MONTHS

- Clean oven Interior.
- Wash pillows and comforters .
- Empty and Clean pantry shelves
- Pressure Clean House and Pavig areas\*\*
- Stay on top of unwanted guests and get pest control\*\*

## 12 MONTHS +

- Have rugs cleaned professionally
- Wipe down walls
- Clean dryer duct
- Clean all solar panels to make sure you are maximising their capacity\*\*

**REWARD  
YOURSELF!**

**Make sure you keep rewarding yourself for completing these tasks- its important you recognise your hard work. A reward will also help you turn these tasks into habits.**

**TOP TIP:**

**We all have busy lives and there is no reason for you to do this all on your own. It's why companies like ours exist! We have starred all the tasks we can do for you to reduce the load and take away the stress**