

# HERE IS YOUR PRINTABLE

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I hope you enjoy these Cleaning Checklists!

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# Kitchen Cleaning *Checklist*

## Refrigerator & Freezer

- ☐ Remove all food and discard expired items
- ☐ Wipe down shelves, drawers, and walls
- ☐ Clean and deodorize with baking soda
- ☐ Vacuum the coils behind the fridge

## Oven & Stovetop

- ☐ Deep clean oven interior (use self-cleaning mode or baking soda paste)
- ☐ Remove and scrub oven racks
- ☐ Wipe down stovetop and burner grates
- ☐ Clean range hood and filter

## Microwave & Small Appliances

- ☐ Wipe down the microwave interior and exterior
- ☐ Clean the toaster crumb tray
- ☐ Descale the coffee maker
- ☐ Wipe down the blender, air fryer, and any other frequently used appliances

## Cabinets & Drawers

- ☐ Declutter and wipe down cabinet interiors
- ☐ Organize pantry and discard expired items
- ☐ Wipe down and polish cabinet doors

## Sink & Dishwasher

- ☐ Scrub and disinfect the sink and drain
- ☐ Clean garbage disposal (use lemon and baking soda)
- ☐ Run an empty dishwasher cycle with vinegar

## Countertops & Backsplash

- ☐ Scrub and disinfect surfaces
- ☐ Polish stone countertops (if applicable)

## Windows & Walls

- ☐ Wipe down walls and remove grease splatters
- ☐ Clean window sills and blinds
- ☐ Wash or replace curtains

## Floors & Baseboards

- ☐ Scrub grout and deep clean tile (if applicable)
- ☐ Wipe down baseboards

## Miscellaneous

- ☐ Clean light fixtures and ceiling fan
- ☐ Disinfect high-touch areas (switches, handles, knobs)
- ☐ Wash dish towels and replace sponges

### Before you Start

- ☐ **Gather Supplies** – Have all your cleaning essentials ready.
- ☐ **Declutter First** – Clear counters and cabinets for easier cleaning.
- ☐ **Clean Top to Bottom** – Start with high surfaces, then work down.
- ☐ **Use Natural Cleaners** – Vinegar, baking soda, and lemon work great!
- ☐ **Let in Fresh Air** – Open windows while you clean.
- ☐ **Make it Fun** – Play music or a podcast to stay motivated!



# Laundry Room Cleaning

## Checklist

### Washer & Dryer

- ☐ Run a cleaning cycle in the washer (vinegar & baking soda work great!)
- ☐ Wipe the inside of the washer drum and door seal
- ☐ Clean dryer vent and exhaust to prevent lint buildup
- ☐ Check hoses and filters for clogs or leaks

### Shelving & Storage

- ☐ Declutter and toss expired or empty laundry products
- ☐ Wipe down shelves and reorganize supplies
- ☐ Store seasonal clothing and linens properly

### Floors & Surfaces

- ☐ Mop floors and clean baseboards
- ☐ Wipe down walls and remove dust from behind appliances

### Windows & Floors

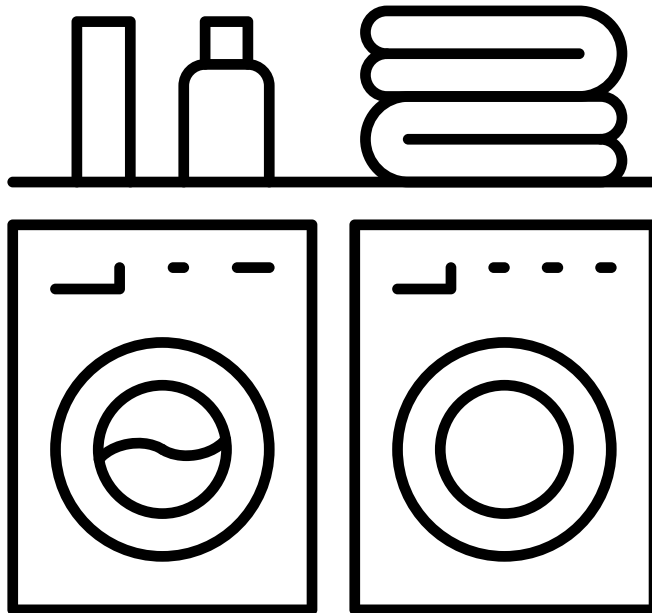
- ☐ Wash windows and clean window sills
- ☐ Dust or vacuum curtains and blinds
- ☐ Sweep, vacuum, or mop floors
- ☐ Clean baseboards and remove scuff marks

### Miscellaneous

- ☐ Freshen up the laundry room with an air purifier or deodorizer
- ☐ Label laundry bins for easy sorting (whites, darks, delicates)
- ☐ Keep a lost-sock jar for missing pairs
- ☐ Hang a drying rack or install hooks for extra storage

#### Before you Start

- ☐ **Gather Supplies** – Grab a vacuum, microfiber cloths, all-purpose cleaner, and vinegar for appliance cleaning.
- ☐ **Declutter First** – Clear out old supplies, single socks, and clothing piles.
- ☐ **Check for Maintenance Issues** – Look for leaks, clogged vents, or musty odors in the washer.
- ☐ **Let in Fresh Air** – If your laundry room has a window, open it while you clean!
- ☐ **Make it Functional** – Consider adding bins or baskets to keep things organized.





# Bathroom Cleaning

## Checklist

### Shower & Bathtub

- ☐ Scrub tiles and grout
- ☐ Clean and replace shower curtain or liner
- ☐ Wash bath mats
- ☐ Unclog and clean drain

### Toilet & Sink

- ☐ Disinfect toilet base and behind it
- ☐ Scrub and polish sink basin
- ☐ Clean and shine faucets

### Vanity & Storage

- ☐ Declutter and organize drawers
- ☐ Wipe down cabinet doors
- ☐ Toss expired toiletries

### Mirrors & Fixtures

- ☐ Wipe down light fixtures
- ☐ Polish mirrors and glass surfaces

### Walls & Floors

- ☐ Wipe down walls and baseboards
- ☐ Scrub grout and deep clean tile

### Miscellaneous

- ☐ Disinfect doorknobs and switches
- ☐ Wash towels and replace sponges
- ☐ Add a fresh scent (diffuser, candle, or spray)

### Before you Start

- ☐ **Gather Supplies** – Have all your cleaning essentials ready, including disinfectants, sponges, microfiber cloths, a scrub brush, and gloves.
- ☐ **Declutter First** – Remove items from countertops, shower shelves, and drawers. Toss expired toiletries, old razors, and empty bottles.
- ☐ **Pre-Treat Stubborn Areas** – Spray cleaner on tough stains, soap scum, or mildew before you start so it has time to work.
- ☐ **Clean Top to Bottom** – Start with mirrors and shelves, then move to counters, sinks, and the toilet before finishing with floors.
- ☐ **Let in Fresh Air** – Open a window or turn on the exhaust fan to help clear out humidity and cleaning fumes.
- ☐ **Check for Repairs** – Look for any leaks, loose tiles, or worn-out caulking that might need attention while you clean.
- ☐ **Make it Fun** – Play your favorite music or a podcast to keep yourself entertained while you clean!

