



30-DAY *cleaning challenge*

BATHROOMS

- 1. Clean shower, tub, shower curtains, and walls
- 2. Clean & descale taps and showerheads.
- 3. Throw away expired items and tidy up.
- 4. Clean bathroom surfaces, toilet, mirror, and floor.

KITCHEN

- 5. Clean the oven and knobs.
- 6. Clean microwave and appliances.
- 7. Clear out, clean & organize the fridge & freezer.
- 8. Clean stovetop & surface areas.
- 9. Clear out, clean & organize cupboards.
- 10. Wipe down walls & sweep/mop floor.
- 11. Clean kitchen sink & under the sink.
- 12. Wash garbage can.

BEDROOMS

- 13. Declutter & vacuum/sweep/mop floor.
- 14. Vacuum & wipe mattresses.
- 15. Clean furniture, walls, & fixtures.
- 16. Organize closet & drawers.
- 17. Vacuum/clean windows, blinds, mirrors & curtains.

LIVING AREAS

- 18. Vacuum sofas (also behind and under them).
- 19. Wash cushions, seat, & sofa covers.
- 20. Clean windows, blinds, & curtains.
- 21. Declutter & toss useless items.
- 22. Vacuum/clean windows, blinds, mirrors & curtains.
- 23. Clean furniture, walls, & fixtures.
- 24. Dust & wipe TV & other devices.

MISC.

- 25. Clean staircase & hallways.
- 26. Dust & wipe bookshelves.
- 27. Clean washing machine & dryer.
- 28. Pressure wash patio & outdoor tools.
- 29. Clean car inside and out.
- 30. Clean vacuum and cleaning supplies.

OTHER

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