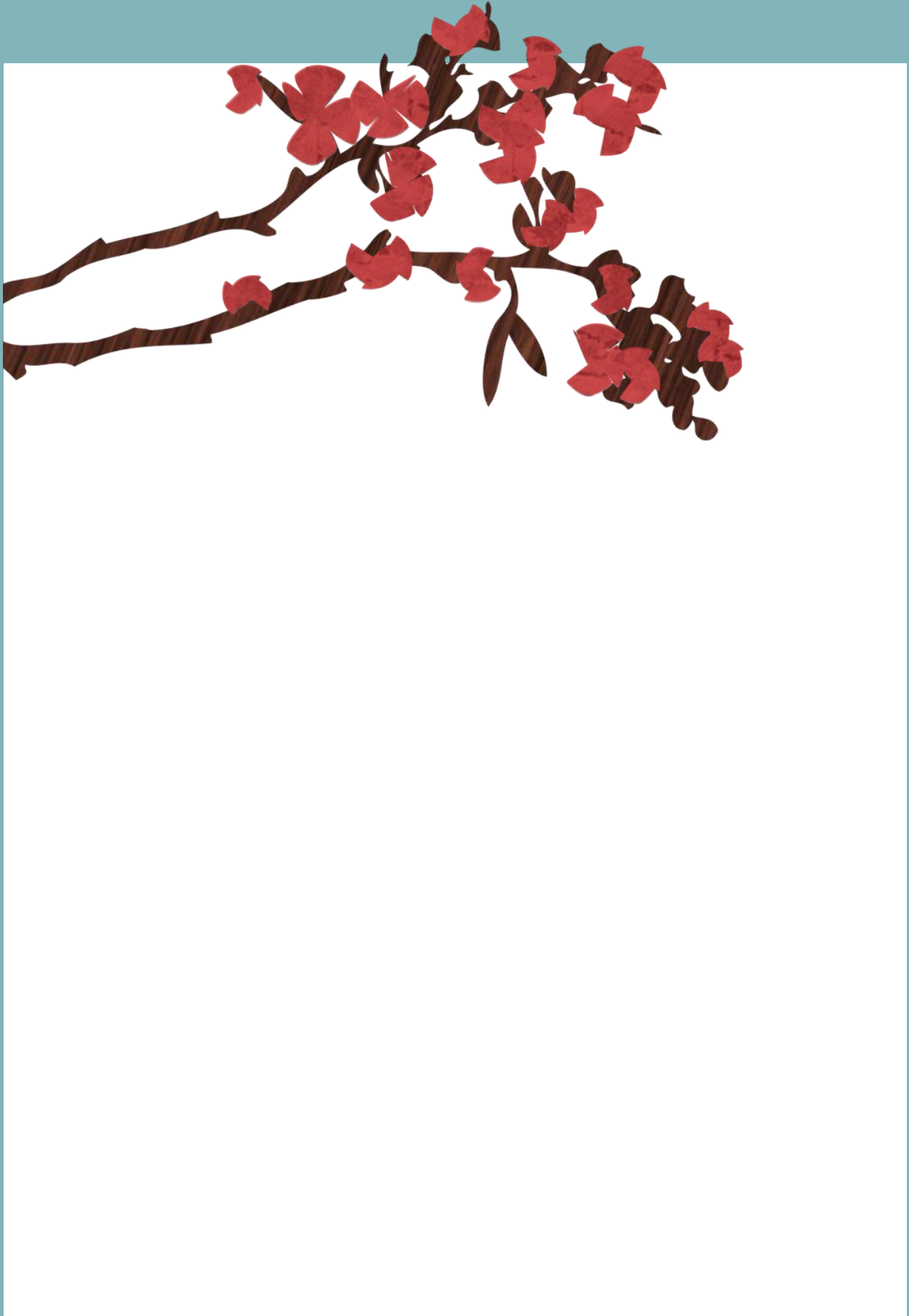




# **CLEANING NOTEBOOK**





## BATHROOMS

# WEEKLY CLEANING

## CHECKLIST

---

- BRING BATH MATS AND TOWELS TO WASHING MACHINE
  - EMPTY GARBAGE CAN
  - CLEAN TOILET, BATHTUB, SHOWER, AND SINK
  - CLEAN MIRRORS
  - WIPE LIGHT FIXTURES
  - WIPE HAND PRINTS FROM WINDOWS AND DOORS
  - MOP OR VACUUM FLOORS
  - DISINFECT DOOR HANDLES
-



## BEDROOMS

# WEEKLY CLEANING

## CHECKLIST

---

- TAKE PILLOWCASES TO WASHING MACHINE
  - PUT AWAY TOYS, BOOKS, AND CLOTHES
  - EMPTY GARBAGE CAN
  - DUST FURNITURE, SURFACES AND OBJECTS
  - CLEAN MIRRORS
  - WIPE LIGHT FIXTURES
  - WIPE HAND PRINTS FROM WINDOWS AND DOORS
  - VACUUM FLOORS
  - DISINFECT DOOR HANDLES
-



## LAUNDRY ROOM

# WEEKLY CLEANING

## CHECKLIST

---

- **CLEAN OUTSIDE OF WASHING MACHINE AND DRYER**
  - **EMPTY GARBAGE CAN**
  - **TIDY LAUNDRY SUPPLIES**
  - **WIPE LIGHT FIXTURES**
  - **WIPE HAND PRINTS FROM WINDOWS AND DOORS**
  - **MOP OR VACUUM FLOORS**
  - **DISINFECT DOOR HANDLES**
-



## DINING ROOM

# WEEKLY CLEANING

## CHECKLIST

---

- DUST FURNITURE AND OBJECTS
- CLEAN MIRRORS
- WIPE LIGHT FIXTURES
- WIPE HAND PRINTS FROM WINDOWS AND DOORS
- VACUUM FLOORS
- DISINFECT DOORHANDLES



## ENTRYWAYS, STAIRS, HALLWAYS

# WEEKLY CLEANING

## CHECKLIST

---

- **PUT AWAY MAIL**
  - **DUST WOODWORK, FURNITURE, AND OBJECTS**
  - **CLEAN MIRRORS**
  - **WIPE LIGHT FIXTURES**
  - **WIPE HAND PRINTS FROM WINDOWS AND DOORS**
  - **VACUUM FLOORS**
  - **DISINFECT DOORHANDLES**
-



# OFFICE WEEKLY CLEANING CHECKLIST

- 
- DUST SURFACES, COMPUTER AND FURNITURE
  - EMPTY THE GARBAGE CAN
  - CLEAN SCREENS
  - WIPE LIGHT FIXTURES
  - WIPE HAND PRINTS FROM WINDOWS AND DOORS
  - FILE WEEKLY PAPERWORK
  - VACUUM FLOORS
  - DISINFECT DOORHANDLES
-





## KITCHEN

# WEEKLY CLEANING

## CHECKLIST

---

- CLEAN THE INSIDE OF THE REFRIGERATOR
  - EMPTY THE GARBAGE CAN AND WIPE INSIDE AND OUT
  - WIPE CABINETS AND COUNTERTOPS
  - WIPE THE INSIDE OF THE MICROWAVE
  - CLEAN APPLIANCES
  - WIPE LIGHT FIXTURES
  - WIPE HAND PRINTS FROM WINDOWS AND DOORS
  - WASH THE FLOOR
  - DISINFECT DOOR HANDLES
-



## LIVINGROOM/FAMILYROOM **WEEKLY CLEANING** CHECKLIST

- 
- **DISCARD MAGAZINES AND CATALOGS**
  - **DUST SURFACES AND OBJECTS**
  - **DUST THE TOPS AND SPINES OF BOOKS**
  - **WIPE ELECTRONICS**
  - **VACUUM UPHOLSTERY**
  - **CLEAN MIRRORS**
  - **WIPE LIGHT FIXTURES**
  - **WIPE HAND PRINTS FROM WINDOWS AND DOORS**
  - **VACUUM FLOORS**
-



# HOUSEHOLD **MONTHLY CLEANING** CHECKLIST

---

## **BATHROOMS**

SCRUB GROUT  
WIPE TUB AND SHOWER SURROUNDS  
LAUNDER SHOWER CURTAIN  
ORGANIZE MEDICINE CABINET

## **BEDROOMS**

LAUNDER BEDDING

## **CLOSETS**

DUST SHELVES AND STORAGE BINS  
VACUUM BASEBORDS  
ORGANIZE CONTENTS

## **KITCHEN**

DISCARD FOOD IN REFRIGERATOR AND FREEZER  
WASH VENTELATION HOOD FILTER  
DEEP CLEAN MICROWAVE AND STOVE

## **WHOLE HOUSE**

VACUUM OR WIPE BASEBOARDS  
WIPE SWITCH PLATES  
VACUUM WINDOW TREATMENTS  
WAX WOOD FURNITURE  
CLEAN MASONRY, CONCRETE OR WOOD FLOORS