

# *everything* & the kitchen sink *cleaning list*

The list looks long, but don't fret! This is a list of all the things, for the whole house and it doesn't have to be done today. Those little letters next to each item stand for how often you should (in theory) be scheduling it.

**D- DAILY   W-WEEKLY   BW-BIWEEKLY   M-MONTHLY  
BA-BIANNUALLY   AS NEEDED-AS NEEDED**

For the purposes of this list, biweekly means every 2 weeks.  
Biannually means twice a year, not every two years. That's biennial.

Remember, this is a guide and a resource. It is not rules set in stone. Each house is different and may require things get done more or less often.

# everything and the kitchen sink

## *Living room*

- Dust wood furniture (W)
- Vacuum rugs and carpets (W)
- Clean floors (if applicable) (W)
- Vacuum furniture (BW, more if you have pets)
- Remove cobwebs (BW-M)
- Clean baseboards (M)
- Clean inside windows (M)
- Wipe down window sills (M)
- Clean doors (M)
- Dust molding (M)
- Clean behind and under furniture (M-every other month as needed)
- Clean heating vents (every 2-3 months)

## *entry way*

- Clean floors (W)
- Remove clutter (D)
- Organize the area (W)
- Clean doors (M)
- Wipe down light switches (M)
- Clean baseboards (M)
- Remove cobwebs (M)



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## *bathroom*

- Clean the sink and/or vanity (w)
- Clean the inside and outside of toilet (w)
- Clean the shower/tub (w)
- Wash the floor (w)
- Clean mirrors (w)
- Clean behind the toilet (w)
- Wipe down fixtures (w)
- Wipe down cabinetry (BW)
- Clean baseboards (BW)
- Wipe down doors (M)
- Wipe down light switches (BW)
- Wash shower curtains (M)
- Declutter and clean linen closet (BA)
- Declutter and clean medicine cabinet (BA)
- Wash rugs (BW)
- Wash hand towels (W)
- Remove garbage (W)
- Clean garbage can (As needed)
- Clean vents (every 2-3 months)

# everything and the kitchen sink

## *bedrooms*

- Wash sheets and blankets (W)
- Dust furniture (W)
- Clean under bed and furniture (M)
- Clean all glass (W)
- Put away clothes (W)
- Declutter surfaces (M)
- Clean inside of windows (M)
- Wipe down window sills (M)
- Remove cobwebs (M)
- Wipe down baseboards (M)
- Wipe down light fixtures (M)
- Wipe down light switches (M)
- Clean door(s) (M)
- Vacuum floor (W)
- Wash floor if necessary (W)
- Clean lampshades (M)
- Remove garbage (W)
- Clean ceiling fan (M)

# everything and the kitchen sink

## *kitchen & dining area*

- Declutter countertops (D)
- Wipe down countertops (D)
- Clean stove top (D)
- Clean microwave inside and out (W)
- Wipe down all appliances (W)
- Wipe down cabinets and knobs (BW)
- Clean lighting fixtures (M)
- Clean sink thoroughly (D)
- Clean the inside of dishwasher (M)
- Clean oven (M)
- Clean out broiler drawer (Every few M)
- Declutter cabinets (BA)
- Declutter/wipe fridge (W)
- Remove garbage (As needed)
- Clean garbage can (M)
- Declutter and organize pantry (BA)
- Sweep floor (D)
- Mop floor (W)
- Vacuum/wash area rugs (if needed) (M)
- Wipe down any windows (M)
- Wipe down light switches (M)
- Wipe down doors (M)
- Clean baseboards (M)
- Clean kitchen table (D)
- Clean kitchen chairs/stools (D)
- Deep clean refrigerator (M)
- Wipe down/declutter top of fridge (BW)
- Clean coffee pot (BW)
- Dust all furniture (W)

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## *other*

- Flip mattresses (BA)
- Wash bed skirts (BA)
- Wash curtains (BA)
- Sweep outside entry ways (As needed)
- Clean glass doors and large windows (M)
- Dust door molding (M)
- Clean window tracks in the spring
- Wash/vacuum hallways floors (W)
- Dust hallway molding and light fixtures (M)
- Dust ceiling fans (M)
- Dust photo frames (BW)
- Vacuum/clean stairs (W)
- Wipe down handrails and banisters (BW)
- Clean stair molding (BW)
- Wipe down washer/dryer (W)
- Launder throw pillows and blankets (M)
- Sanitize garbage cans (M)
- Launder kids stuffed animals (BA)
- Wash water-proof toys (BA)
- Remove broken toys/books (BA)
- Wipe down phones and remotes (W)
- Clean outside of the windows (this can be done more often if you have windows that pull in. 1-2 times a year is good. If you need to clean from the outside, once a year is okay.)



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*other*

- Deep clean washer (Every 2-3 months)
- Deep clean dryer (Every 2-3 months, clean lint trap often!)
- Wipe down TV and electronic remotes (M)
- Wipe down cell phones (W)
- Wipe down house phones (M)
- Change air filter (every 60-90 days for house with pets)
- Clean throw rugs (as needed depending on area of house)

*fill in your own*

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