

# Free printable house cleaning checklist pdf



## Daily

- ☐ Make your bed
- ☐ Wipe down bathroom counters after getting washed up morning and night
- ☐ Empty/load dishwasher
- ☐ Take out trash
- ☐ Do a nighttime sweep to put toys, loose papers, and other stray objects in their place
- ☐ Wipe down counters, table, and sink

## Weekly

- ☐ Dust all hard surfaces
- ☐ Vacuum and/or mop floors
- ☐ Wipe down appliances
- ☐ Wipe down and disinfect countertops
- ☐ Wipe down mirrors
- ☐ Scrub and disinfect the kitchen sink
- ☐ Scrub and disinfect toilets
- ☐ Clean and scrub showers and tubs
- ☐ Change and launder sheets and towels

- ☐ Toss any food that has expired

## Monthly

- ☐ Vacuum upholstery
- ☐ Wipe out and disinfect wastebaskets
- ☐ Wipe down and disinfect doorknobs, light switches and TV remotes
- ☐ Dust ceiling fans and vents
- ☐ Dust moldings
- ☐ Scrub stovetop, including burner grates
- ☐ Wipe down kitchen cabinets
- ☐ Clean and deodorize the microwave (heat a mug of water with a lemon wedge, then wipe down)

## Every Three to Six Months

- ☐ Launder or hand-wash curtains
- ☐ Vacuum mattress (every three months) and flip or rotate 180 degrees (every six months)
- ☐ Clean and condition leather and wood furniture
- ☐ Clean blinds
- ☐ Vacuum drapes and fabric shades
- ☐ Dust lampshades
- ☐ Wipe down baseboards
- ☐ Shake out rugs
- ☐ Scrub grout
- ☐ Wash windows inside and out
- ☐ Clean and degrease the stove hood
- ☐ Polish stainless steel appliances
- ☐ Clean refrigerator and freezer interiors
- ☐ Clean and descale coffee maker

## Every Six to 12 Months

- ☐ Clean oven interior
- ☐ Wash or dry clean slipcovers
- ☐ Wash or dry clean pillows

- ☐ Wash or dry clean comforters
- ☐ Empty and clean cabinet and pantry shelves
- ☐ Vacuum or dust refrigerator condenser coil
- ☐ Wash and dry stove hood filter

### Every Year or So

- ☐ Have rugs professionally cleaned
- ☐ Pull out large appliances and furniture to clean behind and underneath
- ☐ Wipe down walls
- ☐ Wash window screens
- ☐ Clean dryer duct
- ☐ Have upholstery and drapes professionally cleaned (every two years)

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