

A 28-Day Guide to Spring Cleaning

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Kitchen/Dining Room Stove & oven <ul style="list-style-type: none"> <input type="checkbox"/> Clean stove top <input type="checkbox"/> Clean inside oven <input type="checkbox"/> Clean range hood <input type="checkbox"/> Replace drip pans 	Kitchen/Dining Room Kitchen appliances <ul style="list-style-type: none"> <input type="checkbox"/> Polish/wipe down appliances <input type="checkbox"/> Clean microwave <input type="checkbox"/> Clean dishwasher <input type="checkbox"/> Clean out toaster 	Kitchen/Dining Room Refrigerator <ul style="list-style-type: none"> <input type="checkbox"/> Empty refrigerator & freezer & clean inside <input type="checkbox"/> Wipe down top & sides of the refrigerator 	Kitchen/Dining Room Sinks, counters & walls <ul style="list-style-type: none"> <input type="checkbox"/> Disinfect all counters <input type="checkbox"/> Scrub backsplash <input type="checkbox"/> Scrub & disinfect the sink & garbage disposal <input type="checkbox"/> Scrub baseboards & walls 	Kitchen/Dining Room Cupboards & drawers <ul style="list-style-type: none"> <input type="checkbox"/> Wipe down cabinets & drawers <input type="checkbox"/> Remove all items from cabinets & drawers, clean, & organize 	Kitchen/Dining Room Pantry & storage <ul style="list-style-type: none"> <input type="checkbox"/> Go through pantry & discard expired items; clean pantry shelves <input type="checkbox"/> Organize storage containers; discard any that no longer have lids 	Kitchen/Dining Room Windows & floors <ul style="list-style-type: none"> <input type="checkbox"/> Wash windows and window sills <input type="checkbox"/> Clean drapes/blinds <input type="checkbox"/> Sweep & mop the floor
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Kitchen/Dining Room Final <ul style="list-style-type: none"> <input type="checkbox"/> Wipe down dining table & chairs <input type="checkbox"/> Clean lighting fixtures <input type="checkbox"/> Empty trashcan <input type="checkbox"/> Wash trashcan 	Bathrooms Toilets <ul style="list-style-type: none"> <input type="checkbox"/> Scrub & clean toilets inside & out 	Bathrooms Bathtubs <ul style="list-style-type: none"> <input type="checkbox"/> Deep scrub & clean bathtub fixtures <input type="checkbox"/> Clean/replace shower curtain liners <input type="checkbox"/> Wash bath toys 	Bathrooms Sinks & floors <ul style="list-style-type: none"> <input type="checkbox"/> Clean sinks <input type="checkbox"/> Clean mirrors <input type="checkbox"/> Clean baseboards <input type="checkbox"/> Scrub tile grout <input type="checkbox"/> Mop floors 	Bathrooms Organize bathroom <ul style="list-style-type: none"> <input type="checkbox"/> Clean out cabinets & drawers <input type="checkbox"/> Replace toothbrushes <input type="checkbox"/> Replace contact lens cases <input type="checkbox"/> Clean light fixtures <input type="checkbox"/> Empty trashcan 	Living/Family Room Surfaces <ul style="list-style-type: none"> <input type="checkbox"/> Dust all surfaces <input type="checkbox"/> Dust ceiling fan blades <input type="checkbox"/> Dust tops of doors <input type="checkbox"/> Dust & clean lampshades <input type="checkbox"/> Wipe down all furniture <input type="checkbox"/> Clean light fixtures <input type="checkbox"/> Clean drapes/blinds 	Living/Family Room Furniture & organize <ul style="list-style-type: none"> <input type="checkbox"/> Move furniture & sweep/vacuum beneath & around <input type="checkbox"/> Vacuum couches, sofas, & chairs <input type="checkbox"/> Clean entertainment center & electronics <input type="checkbox"/> Organize media <input type="checkbox"/> Polish all wood furniture/surfaces
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Living/Family Room Final <ul style="list-style-type: none"> <input type="checkbox"/> Clean baseboards <input type="checkbox"/> Wash windows & window sills <input type="checkbox"/> Wash throw pillows & blankets 	Bedrooms Closets, dressers, & drawers <ul style="list-style-type: none"> <input type="checkbox"/> Go through closets & shelves to see what should be kept, sold/donated, & thrown away <input type="checkbox"/> Clean & organize night stands <input type="checkbox"/> Store winter clothes & bring out summer clothes 	Bedrooms Deep clean <ul style="list-style-type: none"> <input type="checkbox"/> Completely dust all surfaces <input type="checkbox"/> Dust tops of doors <input type="checkbox"/> Dust ceiling fan blades <input type="checkbox"/> Clean drapes/blinds <input type="checkbox"/> Wash windows & window sills <input type="checkbox"/> Clean baseboards <input type="checkbox"/> Wipe down walls 	Bedrooms Final <ul style="list-style-type: none"> <input type="checkbox"/> Clean under bed <input type="checkbox"/> Rotate the mattress <input type="checkbox"/> Wash bedding <input type="checkbox"/> Move furniture & vacuum <input type="checkbox"/> Empty trashcan 	Garage Clean <ul style="list-style-type: none"> <input type="checkbox"/> Remove all items from the floor of the garage & sweep <input type="checkbox"/> Spray down the garage floor & allow to dry before moving items back in 	Garage Organize <ul style="list-style-type: none"> <input type="checkbox"/> Discard, donate, or sell unused/damaged items <input type="checkbox"/> Organize storage containers; discard any that no longer have lids 	Office Clean <ul style="list-style-type: none"> <input type="checkbox"/> Dust and wipe down all electronics <input type="checkbox"/> Use compressed air to blow dust out of keyboard <input type="checkbox"/> Wipe down & disinfect desk <input type="checkbox"/> Wipe down chair <input type="checkbox"/> Wash windows & window sills <input type="checkbox"/> Clean drapes/blinds <input type="checkbox"/> Sweep/vacuum/mop floor
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Office Organize <ul style="list-style-type: none"> <input type="checkbox"/> Simplify your desk <input type="checkbox"/> Go through all files <input type="checkbox"/> Remove items from desk drawers, clean, & organize <input type="checkbox"/> Backup computer files 	House Exterior Power cleaning <ul style="list-style-type: none"> <input type="checkbox"/> Clean out gutters/storm drains <input type="checkbox"/> Power wash walls/siding 	House Exterior Windows, doors, & decks <ul style="list-style-type: none"> <input type="checkbox"/> Clean all exterior windows <input type="checkbox"/> Clean all exterior doors <input type="checkbox"/> Sweep & spray down decks & patios 	Yard Work Lawn <ul style="list-style-type: none"> <input type="checkbox"/> Remove any uncleared debris from fall/winter <input type="checkbox"/> Aerate lawn 	Yard Work Landscaping <ul style="list-style-type: none"> <input type="checkbox"/> Prepare flower & garden beds for planting <input type="checkbox"/> Prune trees & bushes 	Yard Work Prepare for summer <ul style="list-style-type: none"> <input type="checkbox"/> Test sprinkler system <input type="checkbox"/> Connect hoses & test for leaks <input type="checkbox"/> Clean outdoor furniture <input type="checkbox"/> Prep lawnmower, edgers, trimmers for spring/summer <input type="checkbox"/> Clean grill & inspect heat source 	Other Odds & ends <ul style="list-style-type: none"> <input type="checkbox"/> Replace air filter <input type="checkbox"/> Replace batteries in smoke & carbon monoxide detectors <input type="checkbox"/> Inspect water heater <input type="checkbox"/> Clean dryer exhaust vent <input type="checkbox"/> Check washing machine hoses <input type="checkbox"/> Run washing machine cleaning cycle <input type="checkbox"/> Organize entryway/coat closet

Kitchen/Dining Room

Stove & oven

- Clean stove top
- Clean inside oven
- Clean range hood
- Replace drip pans

Kitchen appliances

- Polish/wipe down appliances
- Clean microwave
- Clean dishwasher
- Clean out toaster

Refrigerator

- Empty refrigerator & freezer & clean inside
- Wipe down top & sides of the refrigerator

Sinks, counters & walls

- Disinfect all counters
- Scrub backsplash
- Scrub & disinfect the sink & garbage disposal
- Scrub baseboards & walls

Cupboards & drawers

- Wipe down cabinets & drawers
- Remove all items from cabinets & drawers, clean, & organize

Pantry & storage

- Go through pantry & discard expired items; clean pantry shelves
- Organize storage containers; discard any that no longer have lids

Windows & floors

- Wash windows & window sills
- Clean drapes/blinds
- Sweep & mop the floor

Final

- Wipe down dining table & chairs
- Clean lighting fixtures
- Empty trashcan
- Wash trashcan

Bathroom

Toilets

- Scrub & clean toilets inside & out

Bathtubs

- Deep scrub & clean bathtub fixtures
- Clean/replace shower curtain liners
- Wash bath toys

Sinks & floors

- Clean sinks
- Clean mirrors
- Clean baseboards
- Scrub tile grout
- Mop floors

Organize bathroom

- Clean out cabinets & drawers
- Replace toothbrushes
- Replace contact lens cases
- Clean light fixtures
- Empty trashcan

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Living/Family Room

Surfaces

- Dust all surfaces
- Dust ceiling fan blades
- Dust tops of doors
- Dust & clean lampshades
- Wipe down all furniture
- Clean light fixtures
- Clean drapes/blinds

Furniture & organize

- Move furniture & sweep/vacuum beneath & around
- Vacuum couches, sofas, & chairs
- Clean entertainment center & electronics
- Organize media
- Polish all wood furniture/surfaces

Final

- Clean baseboards
- Wash windows & window sills
- Wash throw pillows & blankets

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Bedroom

Closets, dressers, & drawers

- Go through closets & shelves to see what should be kept, sold/donated, & thrown away
- Clean & organize night stands
- Store winter clothes & bring out summer clothes

Deep clean

- Completely dust all surfaces
- Dust tops of doors
- Dust ceiling fan blades
- Clean drapes/blinds
- Wash windows & window sills
- Clean baseboards
- Wipe down walls

Final

- Clean under bed
- Rotate the mattress
- Wash bedding
- Move furniture & vacuum
- Empty trashcan

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