## 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         Clean stove top         Clean inside oven         Clean range hood         Replace drip pans	Kitchen/Dining Room         Kitchen appliances         Polish/wipe down appliances         Clean microwave         Clean dishwasher         Clean out toaster	Kitchen/Dining Room Refrigerator Empty refrigerator & freezer & clean inside Wipe down top & sides of the refrigerator	Kitchen/Dining Room         Sinks, counters & walls         Disinfect all counters         Scrub backsplash         Scrub & disinfect the sink & garbage disposal         Scrub baseboards & walls	Kitchen/Dining Room Cupboards & drawers Wipe down cabinets & drawers Remove all items from cabinets & drawers, clean, & organize	Kitchen/Dining Room Pantry & storage Go through pantry & discard expired items; clean pantry shelves Organize storage containers; discard any that no longer have lids	Kitchen/Dining Room         Windows & floors         Wash windows and window sills         Clean drapes/blinds         Sweep & mop the floor
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Kitchen/Dining Room Final Wipe down dining table & chairs Clean lighting fixtures Empty trashcan Wash trashcan	Bathrooms Toilets Scrub & clean toilets inside & out	Bathrooms Bathtubs Deep scrub & clean bathtub fixtures Clean/replace shower curtain liners Wash bath toys	Bathrooms         Sinks & floors         Clean sinks         Clean mirrors         Clean baseboards         Scrub tile grout         Mop floors	Bathrooms         Organize bathroom         Clean out cabinets & drawers         Replace toothbrushes         Replace contact lens cases         Clean light fixtures         Empty trashcan	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	Living/Family Room Furniture & organize Move furniture & sweep/vacuum beneath & around Vacuum couches, sofas, & chairs Clean entertainment center & electronics Organize media Polish all wood furniture/surfaces
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Living/Family Room Final Clean baseboards Wash windows & window sills Wash throw pillows & blankets	Bedrooms         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	Bedrooms 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	Bedrooms Final Clean under bed Rotate the mattress Wash bedding Move furniture & vacuum Empty trashcan	Garage Clean Remove all items from the floor of the garage & sweep Spray down the garage floor & allow to dry before moving items back in	Garage Organize Discard, donate, or sell unused/damaged items Organize storage containers; discard any that no longer have lids	Office Clean Dust and wipe down all electronics Use compressed air to blow dust out of keyboard Wipe down & disinfect desk Wipe down chair Wash windows & window sills Clean drapes/blinds Sweep/vacuum/mop floor
Final Clean baseboards Wash windows & window sills Wash throw pillows &	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	Deep clean Completely dust all surfaces Dust tops of doors Dust ceiling fan blades Clean drapes/blinds Wash windows & window sills Clean baseboards	Final Clean under bed Rotate the mattress Wash bedding Move furniture & vacuum	Clean <ul> <li>Remove all items from the floor of the garage &amp; sweep</li> <li>Spray down the garage floor &amp; allow to dry before moving</li> </ul>	Organize <ul> <li>Discard, donate, or sell unused/damaged items</li> <li>Organize storage containers; discard any that no longer</li> </ul>	Clean Dust and wipe down all electronics Use compressed air to blow dust out of keyboard Wipe down & disinfect desk Wipe down chair Wash windows & window sills Clean drapes/blinds

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Kitchen/Dining Room	Bathroom	Living/Family Room	Bedroom
Stove & oven	Toilets	Surfaces	Closets, dressers, & drawers
Clean stove top	Scrub & clean toilets inside & out	Dust all surfaces	Go through closets & shelves to see what should be kept,
Clean inside oven	Bathtubs	Dust ceiling fan blades	sold/donated, & thrown away
Clean range hood	Deep scrub & clean bathtub fixtures	Dust tops of doors	Clean & organize night stands
Replace drip pans	Clean/replace shower curtain liners	Dust & clean lampshades	Store winter clothes & bring out summer clothes
Kitchen appliances	Wash bath toys	Wipe down all furniture	Deep clean
Polish/wipe down appliances		Clean light fixtures	Completely dust all surfaces
	Sinks & floors	Clean drapes/blinds	Dust tops of doors
Clean dishwasher	Clean sinks	Furniture & organize	Dust ceiling fan blades
	Clean mirrors	Move furniture & sweep/vacuum beneath & around	Clean drapes/blinds
Clean out toaster	Clean baseboards	Vacuum couches, sofas, & chairs	□ Wash windows & window sills
Refrigerator	Scrub tile grout	Clean entertainment center & electronics	Clean baseboards
Empty refrigerator & freezer & clean inside	Mop floors		Wipe down walls
☐ Wipe down top & sides of the refrigerator	Organize bathroom	_ •	Final
Sinks, counters & walls	Clean out cabinets & drawers	Polish all wood furniture/surfaces	Clean under bed
Disinfect all counters	Replace toothbrushes	Final	Rotate the mattress
□ Scrub backsplash	Replace contact lens cases	Clean baseboards	
□ Scrub & disinfect the sink & garbage disposal	Clean light fixtures	□ Wash windows & window sills	Wash bedding
Scrub baseboards & walls	-	□ Wash throw pillows & blankets	Move furniture & vacuum
Cupboards & drawers	Empty trashcan		Empty trashcan
Wipe down cabinets & drawers			
Remove all items from cabinets & drawers, clean, & organize			
Pantry & storage			
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<ul> <li>Go through pantry &amp; discard expired items; clean pantry shelves</li> </ul>			
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			

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Garage	House Exterior	Other	Other
Clean	Power cleaning	Odds & ends	
Remove all items from the floor of the garage & sweep	Clean out gutters/storm drains	Replace air filter	
☐ Spray down the garage floor & allow to dry before	Power wash walls/siding	Replace batteries in smoke & carbon monoxide detectors	
moving items back in		☐ Inspect water heater	
Organize	Windows, doors, & decks	Clean dryer exhaust vent	
Discard, donate, or sell unused/damaged items	Clean all exterior windows	Check washing machine hoses	
Organize storage containers; discard any that no longer	Clean all exterior doors		
have lids	Sweep & spray down decks & patios	Run washing machine cleaning cycle	
		Organize entryway/coat closet	
Office	Yard Work		
Clean	Lawn		
Dust and wipe down all electronics	Remove any uncleared debris from fall/winter		
Use compressed air to blow dust out of keyboard	Aerate lawn		
□ Wipe down & disinfect desk	Landscaping		
Wipe down chair	Prepare flower & garden beds for planting		
Wash windows & window sills	Prune trees & bushes		
Clean drapes/blinds			
Sweep/vacuum/mop floor	Prepare for summer		
	Test sprinkler system		
Organize	Connect hoses & test for leaks		
Simplify your desk	Clean outdoor furniture		
Go through all files	Prep lawnmower, edgers, trimmers for spring/summer		
Remove items from desk drawers, clean, & organize	Clean grill & inspect heat source		
Backup computer files			

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