



30-DAY cleaning challenge

BATHROOMS

- 1. Clean shower, tub, shower curtains, and walls ☐
- 2. Clean & descale taps and showerheads. ☐
- 3. Throw away expired items and tidy up. ☐
- 4. Clean bathroom surfaces, toilet, mirror, and floor. ☐

KITCHEN

- 5. Clean the oven and knobs. ☐
- 6. Clean microwave and appliances. ☐
- 7. Clear out, clean & organize the fridge & freezer. ☐
- 8. Clean stovetop & surface areas. ☐
- 9. Clear out, clean & organize cupboards. ☐
- 10. Wipe down walls & sweep/mop floor. ☐
- 11. Clean kitchen sink & under the sink. ☐
- 12. Wash garbage can. ☐

BEDROOMS

- 13. Declutter & vacuum/sweep/mop floor. ☐
- 14. Vacuum & wipe mattresses. ☐
- 15. Clean furniture, walls, & fixtures. ☐
- 16. Organize closet & drawers. ☐
- 17. Vacuum/clean windows, blinds, mirrors & curtains. ☐

LIVING AREAS

- 18. Vacuum sofas (also behind and under them). ☐
- 19. Wash cushions, seat, & sofa covers. ☐
- 20. Clean windows, blinds, & curtains. ☐
- 21. Declutter & toss useless items. ☐
- 22. Vacuum/clean windows, blinds, mirrors & curtains. ☐
- 23. Clean furniture, walls, & fixtures. ☐
- 24. Dust & wipe TV & other devices. ☐

MISC.

- 25. Clean staircase & hallways. ☐
- 26. Dust & wipe bookshelves. ☐
- 27. Clean washing machine & dryer. ☐
- 28. Pressure wash patio & outdoor tools. ☐
- 29. Clean car inside and out. ☐
- 30. Clean vacuum and cleaning supplies. ☐

OTHER

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