

TRY THIS DEEP CLEAN

challenge

30 DAY



Deep Cleaning Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Clean the microwave (inside and out)	Clean stovetop and oven	Dust on top of cabinets	Wipe down the outside of your cabinets	Clean inside of cabinets and pantry
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Clean the refrigerator out and wipe down inside and out	Clean dishwasher and sink	Dust all picture frames, wall art and decorations	Clean furniture	Clean out dressers
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Clean Closet	Clean out under the beds, vacuum and or dust	Wash bedding, blankets, linens and throws.	Vacuum floors	Wipe out medicine cabinet
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Clean all mirrors	Clean shower, showerhead, and bathtub	Clean under sink	Disinfect toilets	Wipe out trash bins and garbage cans
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Wipe down the outside of your washer and dryer	Wipe down all doors and door handles	Clean all light fixtures	Wipe down the walls	Wipe down walls
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Dust window blinds	Clean all windows, window sills	Wash curtains	Clean the baseboards	Mop all floors



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