

DAY ONE—BATHROOM

- declutter bathroom storage & clean inside
- discard expired products & replace old, worn products (e.g., razors, toothbrushes)
- sweep, vacuum, & mop floors
- wash toilet, from seat to inside the bowl
- wipe down mirrors
- wash or replace shower curtain liner
- wash bathroom mats
- replenish & organize back-ups (e.g., toilet paper, towels, toothpaste)
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DAY FIVE—LIVING ROOM/FAMILY ROOM

- open windows to circulate fresh air
- dust walls, ceiling, & surfaces
- sweep, vacuum, & mop floors (& rugs)
- deep clean sofa & upholstered chairs (pro tip: rent an upholstery-cleaning machine)
- wipe down lightbulbs
- clean window treatments (or drop off at dry cleaners)
- clean & organize children's & pet toys
- sweep out fireplace
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DAY TWO—WARDROBE

- remove all items from your closet & dresser, then clean inside
- place items to be dropped off at dry cleaning into a bag
- organize your clothing & accessories into 4 piles: keep, store, donate/sell, toss
- store away winter/seasonal clothing
- place garments for sale or donation into a box (for drop off at a later date)
- organize bags and purses
- hang/fold & organize clothing by category (e.g., shirts then dresses then activewear)
- clean & organize shoes
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DAY SIX—HOME OFFICE

- toss old papers—use a scanner app to virtually save important documents.
- remove all items from desk drawers & filing cabinets, then clean inside
- dust walls, ceiling, surfaces, & bookshelf
- wipe surfaces, including under electronics
- organize supplies in bins or baskets
- clean & dust electronics
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DAY THREE—BEDROOM

- open windows to circulate fresh air
- sweep, vacuum, & mop floors (including under rugs)
- dust walls, ceiling, & surfaces
- wipe surfaces & wash inside windows
- launder all bed linens
- rotate mattress
- clean window treatments (or drop off at dry cleaners)
- organize items inside bedroom storage
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DAY SEVEN—CLEANER'S CHOICE!

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DAY FOUR—KITCHEN

- deep clean fridge & freezer: toss out old food, wash shelves, then clean inside
- declutter the pantry, clean inside & outside
- dust walls, ceiling, & surfaces
- wipe surfaces, including under appliances
- degrease & thoroughly clean stove top, oven, & microwave
- sort & organize tableware, glassware, pots, pans, etc.
- sweep, vacuum, & mop floors
- clean garbage can (pro tip: wash outside with a hose)
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SHOPPING LIST—SUPPLIES & TOOLS

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