



MONTHLY CLEANING CHECKLIST

APPLIANCES

- Clean refrigerator interior
- Clean oven interior
- Clean dishwasher filter and run cleaning cycle
- Descale coffee maker
- Clean range hood filter
- Vacuum refrigerator coils
- Clean washing machine
- Clean dryer lint trap and vent

CABINETS & ORGANIZATION

- Declutter and wipe one kitchen cabinet/drawer
- Reorganize pantry, check for expired items
- Clean bathroom cabinets and drawers
- Check medicine cabinet for expired medications
- Wipe down laundry room shelves

WINDOWS & GLASS

- Clean windows in one room (rotate monthly)
- Wash windowsills and tracks
- Deep clean mirrors
- Clean glass shower doors
- Clean glass frames and cabinet doors

LIGHT FIXTURES & CEILINGS

- Dust ceiling fans
- Clean light fixture covers
- Wipe ceiling light fixtures
- Replace burnt-out bulbs
- Remove cobwebs from ceiling corners



VENTS & FILTERS

- Clean/replace HVAC filters
- Vacuum bathroom exhaust fans
- Clean kitchen exhaust fan
- Vacuum floor and wall vents
- Clean air return covers

FURNITURE

- Vacuum upholstered furniture
- Spot clean upholstery
- Condition leather furniture
- Polish wood furniture
- Rotate mattresses
- Wash pillow covers
- Vacuum and refresh mattresses

GENERAL

- Deep clean one area that needs attention
- Wipe baseboards in high-traffic areas
- Dust bookcases and shelving
- Clean pet areas thoroughly
- Descale shower heads

Divide these tasks throughout the month, tackling a few each week to make them manageable.