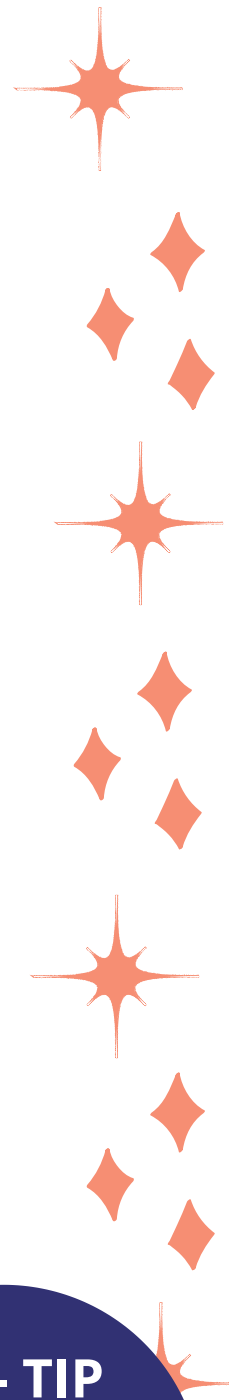


DEEP CLEANING CHECKLIST

Living Room

- CLEAN FAN
- WASH CURTAINS
- CLEAN BEHIND FURNITURE
- REMOVE COUCH CUSIONS AND VACUUM
- VACUUM UNDER COUCH
- DUST PICTURES ON WALLS
- DEODERIZE CARPETS
- CLEAN ABOVE DOORFRAME
- LINT ROLL LAMPSHADE
- SANITIZE REMOTE
- CREATE SYSTEM FOR CLUTTERED AREAS
- WIPE WINDOW SEAL
- CLEAN BLINDS
- WIPE BASEBOARDS
- DUST WALL CORNERS
- WASH PILLOW COVERS



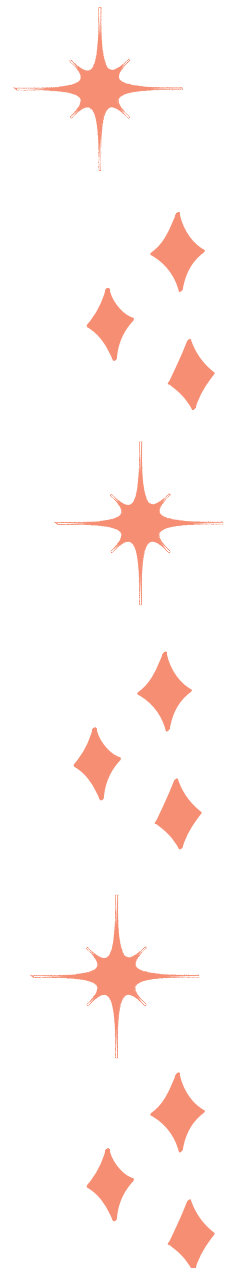
PRO- TIP

Clean from top to bottom. Left to right. Cleaning in one direction.

DEEP CLEANING CHECKLIST

Kitchen

- CLEAN OUT FRIG AND FREEZER
- THROW OUT EXPIRED FOOD
- WIPE DOWN FRIG AND FREEZER
- ADD BAKING SODA TO FRIG
- ADD BAKING SODA TO FREEZER
- CLEAN OVEN
- CLEAN KITCHEN APPLIANCES
- CLEAN SINK
- CLEAN MICROWAVE
- CLEAN BEHIND FRIG
- CLEAN BEHIND OVEN
- CLEAN WINDOWS
- CLEAN WINDOW SEALS
- CLEAN BLINDS
- CLEAN BASEBOARDS
- DECLUTTER DRAWERS
- DECLUTTER PANTRY
- WASH RUGS
-



PRO-TIP

Set a reminder to change the baking soda in the frig and freezer monthly.

DEEP CLEANING CHECKLIST

Bathroom

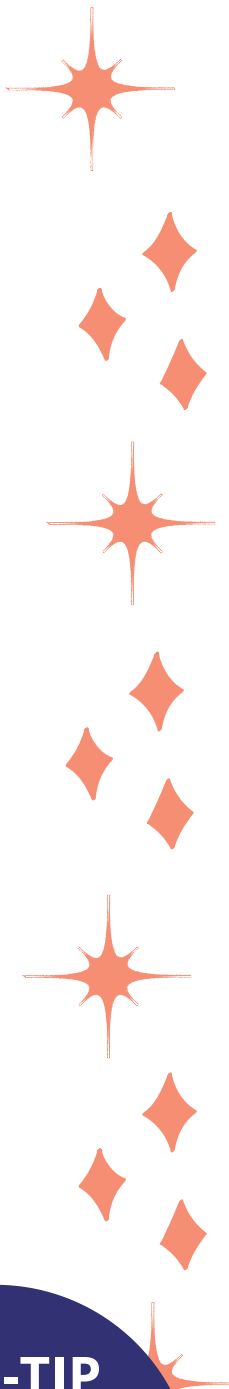
- WASH BATHROOM RUGS
- DUST LIGHT FIXTURES
- CLEAN ABOVE DOORFRAME
- DUST WALL ART
- CLEAN TOILET INCLUDING AROUND THE BOTTOM
- CLEAN MIRRORS
- CLEAN SHOWER
- CLEAN SINK
- CLEAN BASEBOARDS
- CHANGE OUT TOILET BRUSH
- CHANGE CLEANING BRUSHES, IF NEEDED
- DECLUTTER TOILETRIES
- REPLENISH TOILETRIES
-
-
-
-
-
-
-

PRO-TIP
Choose a day weekly to clean your bathroom to maintain cleanliness.

DEEP CLEANING CHECKLIST

Bedroom

- TAKE DOWN & WASH CURTAINS
- WASH ALL BEDDING
- CLEAN FAN
- CLEAN ABOVE DOORFRAME
- CLEAN BLINDS
- CLEAN WINDOWS
- WIPE DOWN WINDOW SEALS
- DUST WALL CORNERS
- DUST PICTURES ON WALLS
- CLEAN BEHIND FURNITURE
- LINT ROLL LAMPSHADE
- WIPE BASEBOARDS
- POLISH FURNITURE
- CLEAN MIRRORS
- SANITIZE REMOTE
- VACUUM UNDER BED
- DEODORIZE/VACUUM CARPETS
-
-



PRO-TIP

Print a copy of this checklist for each room in your house.