

# A 28-Day Guide to Spring Cleaning

| Day 1  | Day 2   | Day 3   | Day 4   | Day 5   | Day 6  | Day 7   |
|--|---|---|---|---|--|---|
| <b>Kitchen/Dining Room</b><br>Stove & oven <ul style="list-style-type: none"> <li><input type="checkbox"/> Clean stove top</li> <li><input type="checkbox"/> Clean inside oven</li> <li><input type="checkbox"/> Clean range hood</li> <li><input type="checkbox"/> Replace drip pans</li> </ul>                               | <b>Kitchen/Dining Room</b><br>Kitchen appliances <ul style="list-style-type: none"> <li><input type="checkbox"/> Polish/wipe down appliances</li> <li><input type="checkbox"/> Clean microwave</li> <li><input type="checkbox"/> Clean dishwasher</li> <li><input type="checkbox"/> Clean out toaster</li> </ul>  | <b>Kitchen/Dining Room</b><br>Refrigerator <ul style="list-style-type: none"> <li><input type="checkbox"/> Empty refrigerator &amp; freezer &amp; clean inside</li> <li><input type="checkbox"/> Wipe down top &amp; sides of the refrigerator</li> </ul>   | <b>Kitchen/Dining Room</b><br>Sinks, counters & walls <ul style="list-style-type: none"> <li><input type="checkbox"/> Disinfect all counters</li> <li><input type="checkbox"/> Scrub backsplash</li> <li><input type="checkbox"/> Scrub &amp; disinfect the sink &amp; garbage disposal</li> <li><input type="checkbox"/> Scrub baseboards &amp; walls</li> </ul> | <b>Kitchen/Dining Room</b><br>Cupboards & drawers <ul style="list-style-type: none"> <li><input type="checkbox"/> Wipe down cabinets &amp; drawers</li> <li><input type="checkbox"/> Remove all items from cabinets &amp; drawers, clean, &amp; organize</li> </ul>   | <b>Kitchen/Dining Room</b><br>Pantry & storage <ul style="list-style-type: none"> <li><input type="checkbox"/> Go through pantry &amp; discard expired items; clean pantry shelves</li> <li><input type="checkbox"/> Organize storage containers; discard any that no longer have lids</li> </ul>  | <b>Kitchen/Dining Room</b><br>Windows & floors <ul style="list-style-type: none"> <li><input type="checkbox"/> Wash windows and window sills</li> <li><input type="checkbox"/> Clean drapes/blinds</li> <li><input type="checkbox"/> Sweep &amp; mop the floor</li> </ul>   |
| Day 8  | Day 9   | Day 10  | Day 11  | Day 12  | Day 13   | Day 14  |
| <b>Kitchen/Dining Room</b><br>Final <ul style="list-style-type: none"> <li><input type="checkbox"/> Wipe down dining table &amp; chairs</li> <li><input type="checkbox"/> Clean lighting fixtures</li> <li><input type="checkbox"/> Empty trashcan</li> <li><input type="checkbox"/> Wash trashcan</li> </ul>                  | <b>Bathrooms</b><br>Toilets <ul style="list-style-type: none"> <li><input type="checkbox"/> Scrub &amp; clean toilets inside &amp; out</li> </ul>   | <b>Bathrooms</b><br>Bathtubs <ul style="list-style-type: none"> <li><input type="checkbox"/> Deep scrub &amp; clean bathtub fixtures</li> <li><input type="checkbox"/> Clean/replace shower curtain liners</li> <li><input type="checkbox"/> Wash bath toys</li> </ul>  | <b>Bathrooms</b><br>Sinks & floors <ul style="list-style-type: none"> <li><input type="checkbox"/> Clean sinks</li> <li><input type="checkbox"/> Clean mirrors</li> <li><input type="checkbox"/> Clean baseboards</li> <li><input type="checkbox"/> Scrub tile grout</li> <li><input type="checkbox"/> Mop floors</li> </ul>                                      | <b>Bathrooms</b><br>Organize bathroom <ul style="list-style-type: none"> <li><input type="checkbox"/> Clean out cabinets &amp; drawers</li> <li><input type="checkbox"/> Replace toothbrushes</li> <li><input type="checkbox"/> Replace contact lens cases</li> <li><input type="checkbox"/> Clean light fixtures</li> <li><input type="checkbox"/> Empty trashcan</li> </ul> | <b>Living/Family Room</b><br>Surfaces <ul style="list-style-type: none"> <li><input type="checkbox"/> Dust all surfaces</li> <li><input type="checkbox"/> Dust ceiling fan blades</li> <li><input type="checkbox"/> Dust tops of doors</li> <li><input type="checkbox"/> Dust &amp; clean lampshades</li> <li><input type="checkbox"/> Wipe down all furniture</li> <li><input type="checkbox"/> Clean light fixtures</li> <li><input type="checkbox"/> Clean drapes/blinds</li> </ul> | <b>Living/Family Room</b><br>Furniture & organize <ul style="list-style-type: none"> <li><input type="checkbox"/> Move furniture &amp; sweep/vacuum beneath &amp; around</li> <li><input type="checkbox"/> Vacuum couches, sofas, &amp; chairs</li> <li><input type="checkbox"/> Clean entertainment center &amp; electronics</li> <li><input type="checkbox"/> Organize media</li> <li><input type="checkbox"/> Polish all wood furniture/surfaces</li> </ul>  |
| Day 15   | Day 16  | Day 17  | Day 18  | Day 19  | Day 20   | Day 21  |
| <b>Living/Family Room</b><br>Final <ul style="list-style-type: none"> <li><input type="checkbox"/> Clean baseboards</li> <li><input type="checkbox"/> Wash windows &amp; window sills</li> <li><input type="checkbox"/> Wash throw pillows &amp; blankets</li> </ul>   | <b>Bedrooms</b><br>Closets, dressers, & drawers <ul style="list-style-type: none"> <li><input type="checkbox"/> Go through closets &amp; shelves to see what should be kept, sold/donated, &amp; thrown away</li> <li><input type="checkbox"/> Clean &amp; organize night stands</li> <li><input type="checkbox"/> Store winter clothes &amp; bring out summer clothes</li> </ul> | <b>Bedrooms</b><br>Deep clean <ul style="list-style-type: none"> <li><input type="checkbox"/> Completely dust all surfaces</li> <li><input type="checkbox"/> Dust tops of doors</li> <li><input type="checkbox"/> Dust ceiling fan blades</li> <li><input type="checkbox"/> Clean drapes/blinds</li> <li><input type="checkbox"/> Wash windows &amp; window sills</li> <li><input type="checkbox"/> Clean baseboards</li> <li><input type="checkbox"/> Wipe down walls</li> </ul> | <b>Bedrooms</b><br>Final <ul style="list-style-type: none"> <li><input type="checkbox"/> Clean under bed</li> <li><input type="checkbox"/> Rotate the mattress</li> <li><input type="checkbox"/> Wash bedding</li> <li><input type="checkbox"/> Move furniture &amp; vacuum</li> <li><input type="checkbox"/> Empty trashcan</li> </ul>                           | <b>Garage</b><br>Clean <ul style="list-style-type: none"> <li><input type="checkbox"/> Remove all items from the floor of the garage &amp; sweep</li> <li><input type="checkbox"/> Spray down the garage floor &amp; allow to dry before moving items back in</li> </ul>  | <b>Garage</b><br>Organize <ul style="list-style-type: none"> <li><input type="checkbox"/> Discard, donate, or sell unused/damaged items</li> <li><input type="checkbox"/> Organize storage containers; discard any that no longer have lids</li> </ul>   | <b>Office</b><br>Clean <ul style="list-style-type: none"> <li><input type="checkbox"/> Dust and wipe down all electronics</li> <li><input type="checkbox"/> Use compressed air to blow dust out of keyboard</li> <li><input type="checkbox"/> Wipe down &amp; disinfect desk</li> <li><input type="checkbox"/> Wipe down chair</li> <li><input type="checkbox"/> Wash windows &amp; window sills</li> <li><input type="checkbox"/> Clean drapes/blinds</li> <li><input type="checkbox"/> Sweep/vacuum/mop floor</li> </ul>                  |
| Day 22   | Day 23  | Day 24  | Day 25  | Day 26  | Day 27   | Day 28  |
| <b>Office</b><br>Organize <ul style="list-style-type: none"> <li><input type="checkbox"/> Simplify your desk</li> <li><input type="checkbox"/> Go through all files</li> <li><input type="checkbox"/> Remove items from desk drawers, clean, &amp; organize</li> <li><input type="checkbox"/> Backup computer files</li> </ul> | <b>House Exterior</b><br>Power cleaning <ul style="list-style-type: none"> <li><input type="checkbox"/> Clean out gutters/storm drains</li> <li><input type="checkbox"/> Power wash walls/siding</li> </ul>   | <b>House Exterior</b><br>Windows, doors, & decks <ul style="list-style-type: none"> <li><input type="checkbox"/> Clean all exterior windows</li> <li><input type="checkbox"/> Clean all exterior doors</li> <li><input type="checkbox"/> Sweep &amp; spray down decks &amp; patios</li> </ul>   | <b>Yard Work</b><br>Lawn <ul style="list-style-type: none"> <li><input type="checkbox"/> Remove any uncleared debris from fall/winter</li> <li><input type="checkbox"/> Aerate lawn</li> </ul>  | <b>Yard Work</b><br>Landscaping <ul style="list-style-type: none"> <li><input type="checkbox"/> Prepare flower &amp; garden beds for planting</li> <li><input type="checkbox"/> Prune trees &amp; bushes</li> </ul>   | <b>Yard Work</b><br>Prepare for summer <ul style="list-style-type: none"> <li><input type="checkbox"/> Test sprinkler system</li> <li><input type="checkbox"/> Connect hoses &amp; test for leaks</li> <li><input type="checkbox"/> Clean outdoor furniture</li> <li><input type="checkbox"/> Prep lawnmower, edgers, trimmers for spring/summer</li> <li><input type="checkbox"/> Clean grill &amp; inspect heat source</li> </ul>  | <b>Other</b><br>Odds & ends <ul style="list-style-type: none"> <li><input type="checkbox"/> Replace air filter</li> <li><input type="checkbox"/> Replace batteries in smoke &amp; carbon monoxide detectors</li> <li><input type="checkbox"/> Inspect water heater</li> <li><input type="checkbox"/> Clean dryer exhaust vent</li> <li><input type="checkbox"/> Check washing machine hoses</li> <li><input type="checkbox"/> Run washing machine cleaning cycle</li> <li><input type="checkbox"/> Organize entryway/coat closet</li> </ul> |

## Kitchen/Dining Room

### Stove & oven

- Clean stove top
- Clean inside oven
- Clean range hood
- Replace drip pans

### Kitchen appliances

- Polish/wipe down appliances
- Clean microwave
- Clean dishwasher
- Clean out toaster

### Refrigerator

- Empty refrigerator & freezer & clean inside
- Wipe down top & sides of the refrigerator

### Sinks, counters & walls

- Disinfect all counters
- Scrub backsplash
- Scrub & disinfect the sink & garbage disposal
- Scrub baseboards & walls

### Cupboards & drawers

- Wipe down cabinets & drawers
- Remove all items from cabinets & drawers, clean, & organize

### Pantry & storage

- Go through pantry & discard expired items; clean pantry shelves
- Organize storage containers; discard any that no longer have lids

### Windows & floors

- Wash windows & window sills
- Clean drapes/blinds
- Sweep & mop the floor

### Final

- Wipe down dining table & chairs
- Clean lighting fixtures
- Empty trashcan
- Wash trashcan

## Bathroom

### Toilets

- Scrub & clean toilets inside & out

### Bathtubs

- Deep scrub & clean bathtub fixtures
- Clean/replace shower curtain liners
- Wash bath toys

### Sinks & floors

- Clean sinks
- Clean mirrors
- Clean baseboards
- Scrub tile grout
- Mop floors

### Organize bathroom

- Clean out cabinets & drawers
- Replace toothbrushes
- Replace contact lens cases
- Clean light fixtures
- Empty trashcan

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## Living/Family Room

### Surfaces

- Dust all surfaces
- Dust ceiling fan blades
- Dust tops of doors
- Dust & clean lampshades
- Wipe down all furniture
- Clean light fixtures
- Clean drapes/blinds

### Furniture & organize

- Move furniture & sweep/vacuum beneath & around
- Vacuum couches, sofas, & chairs
- Clean entertainment center & electronics
- Organize media
- Polish all wood furniture/surfaces

### Final

- Clean baseboards
- Wash windows & window sills
- Wash throw pillows & blankets

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## Bedroom

### Closets, dressers, & drawers

- Go through closets & shelves to see what should be kept, sold/donated, & thrown away
- Clean & organize night stands
- Store winter clothes & bring out summer clothes

### Deep clean

- Completely dust all surfaces
- Dust tops of doors
- Dust ceiling fan blades
- Clean drapes/blinds
- Wash windows & window sills
- Clean baseboards
- Wipe down walls

### Final

- Clean under bed
- Rotate the mattress
- Wash bedding
- Move furniture & vacuum
- Empty trashcan

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## Garage

### Clean

- Remove all items from the floor of the garage & sweep
- Spray down the garage floor & allow to dry before moving items back in

### Organize

- Discard, donate, or sell unused/damaged items
- Organize storage containers; discard any that no longer have lids
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## House Exterior

### Power cleaning

- Clean out gutters/storm drains
- Power wash walls/siding

### Windows, doors, & decks

- Clean all exterior windows
- Clean all exterior doors
- Sweep & spray down decks & patios
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## Other

### Odds & ends

- Replace air filter
- Replace batteries in smoke & carbon monoxide detectors
- Inspect water heater
- Clean dryer exhaust vent
- Check washing machine hoses
- Run washing machine cleaning cycle
- Organize entryway/coat closet

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## Office

### Clean

- Dust and wipe down all electronics
- Use compressed air to blow dust out of keyboard
- Wipe down & disinfect desk
- Wipe down chair
- Wash windows & window sills
- Clean drapes/blinds
- Sweep/vacuum/mop floor

### Organize

- Simplify your desk
- Go through all files
- Remove items from desk drawers, clean, & organize
- Backup computer files
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## Yard Work

### Lawn

- Remove any uncleared debris from fall/winter
- Aerate lawn

### Landscaping

- Prepare flower & garden beds for planting
- Prune trees & bushes

### Prepare for summer

- Test sprinkler system
- Connect hoses & test for leaks
- Clean outdoor furniture
- Prep lawnmower, edgers, trimmers for spring/summer
- Clean grill & inspect heat source
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