

Monthly Cleaning Checklist

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KITCHEN

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CHECK EXPIRED FOOD
CLEAN FRIDGE SHELVES
WIPE DOWN APPLIANCES
DEGREASE STOVE TOP AND OVEN
CLEAN INSIDE OF CABINETS
SWEEP FLOORS
MOP

BATHROOMS

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WIPE DOWN MIRROR
WIPE SINK AND COUNTERTOPS
WIPE DOWN TUB/SHOWER
CLEAN TOILET BOWL AND SEAT
EMPTY TRASH
MOP
DISINFECT DOOR KNOBS & FAUCETS

LIVING ROOM

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WIPE HARD SURFACES
STRAIGHTEN UP
VACUUM COUCH

BEDROOMS

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CHANGE SHEETS
STRAIGHTEN UP
VACUUM
DUST

LAUNDRY

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DO LAUNDRY
FOLD LAUNDRY
DUST

EXTRA

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FILE PAPERS
TOTE TIDY

Congratulations you made it through the day