

# Cleaning CHECKLIST



## OVERVIEW:

Make your home cleaner and healthier by focusing on often overlooked areas in each room.

***Print out this checklist, clean room by room, and your home will feel noticeably cleaner in no time!***

## WHAT'S INCLUDED:

- **Hidden-Areas Cleaning Checklist**  
*Use this checklist to help you focus on areas that may not otherwise be obvious candidates for a good cleaning.*

## Kitchen

- DISHWASHER
- GARBAGE DISPOSAL
- DISH STRAINER
- MICROWAVE CEILING
- OVEN EXHAUST
- REFRIGERATOR INTERIOR
- CABINETS
- PANTRY

## Bedrooms

- BEDS
- DRESSERS
- END TABLES
- DESKS

## Bathrooms

- TOILET
- SHOWER CURTAIN AND LINER
- BATH MAT

## Ventilation systems

- HVAC FILTER
- VENT COVERS
- VENT OPENINGS
- DRYER VENT

## Every room

- CEILINGS/FANS
- CORNERS
- TOPS OF WINDOW FRAMES
- MOLDING
- KNOBS/HANDLES
- LIGHT SWITCHES
- BACKS OF ELECTRONICS