

DEEP CLEAN YOUR ROOM CHECKLIST

DAILY QUICK CLEAN

- ☐ Make the bed
- ☐ Open windows for fresh air
- ☐ Put clothes away (no chair piles)
- ☐ Wipe down nightstand
- ☐ Clear cups or dishes

WEEKLY REFRESH

- ☐ Dust all surfaces (shelves, lamps)
- ☐ Vacuum or mop floor
- ☐ Change bedding
- ☐ Empty trash bin
- ☐ Wipe mirrors & glass surfaces

MONTHLY DEEP CLEAN

- ☐ Wash pillows, duvet covers, & mattress protector
- ☐ Vacuum under the bed
- ☐ Declutter drawers & bedside table
- ☐ Wipe down skirting boards & baseboards
- ☐ Clean closet shelves & re-fold clothes

QUARTERLY RESET

- ☐ Rotate or flip mattress
- ☐ Clean light fixtures & ceiling fan
- ☐ Wipe window frames & blinds
- ☐ Wash curtains or wipe shades
- ☐ Sort & donate items you no longer need

DEEP CLEAN FOCUS AREAS:

BED:

- ☐ Strip all bedding and wash on hot cycle
- ☐ Flip or rotate mattress
- ☐ Sprinkle baking soda on mattress; vacuum after 15 minutes

SURFACES:

- ☐ Wipe with damp microfiber cloth
- ☐ Use gentle cleaner for wood furniture
- ☐ Organize items and put extras away

CLOSET:

- ☐ Remove everything and clean shelves
- ☐ Reorganize by category or season
- ☐ Donate clothes you haven't worn in a year

FLOOR:

- ☐ Vacuum corners, under furniture, & rugs
- ☐ Mop hard floors
- ☐ Shake out mats and small rugs

FINAL TOUCHES

- ☐ Add a fresh candle or diffuser
- ☐ Place decorative cushions