

4-Week Cleaning Challenge

NOTES



WEEK 1

Kitchen

DAY	TASK
1	<input type="checkbox"/> Organize and toss expired food from fridge and pantry.
2	<input type="checkbox"/> Scrub and sanitize fridge.
3	<input type="checkbox"/> Scrub and sanitize oven, stove, and microwave.
4	<input type="checkbox"/> Scrub and sanitize sink, and organize items underneath it.
5	<input type="checkbox"/> Scrub and sanitize remaining cooking appliances.
6	<input type="checkbox"/> Scrub and sanitize cabinets, walls, and garbage can.
7	<input type="checkbox"/> Mop and wax floors.



WEEK 2

Bathroom

DAY	TASK
8	<input type="checkbox"/> Scrub and sanitize toilet, sink, and mirrors.
9	<input type="checkbox"/> Scrub and sanitize tub and shower.
10	<input type="checkbox"/> Scrub and organize medicine cabinet.
11	<input type="checkbox"/> Wash towels, shower curtain, and bath mats.
12	<input type="checkbox"/> Organize and declutter linen closet.
13	<input type="checkbox"/> Toss old medicine and bath and beauty products.
14	<input type="checkbox"/> Scrub and sanitize walls and floor.

PRO-TIP



Schedule a pickup at [makespace.com](https://www.makespace.com) to effortlessly store anything you don't need in your home right now, like your seasonal clothes, shoes, sports equipment, and furniture. MakeSpace will pick up, store, and deliver your stuff so you never have to visit a storage unit.



WEEK 3

Bedroom

DAY	TASK
15	<input type="checkbox"/> Clean curtains, blinds, windows, and mirrors.
16	<input type="checkbox"/> Clean bedding, throw pillows, and seat cushions and covers.
17	<input type="checkbox"/> Clean TVs and electronics.
18	<input type="checkbox"/> Clean mattress and wash pillows.
19	<input type="checkbox"/> Declutter lamp table and nightstand drawers, piles, etc.
20	<input type="checkbox"/> Declutter and organize bedroom closets and dressers.
21	<input type="checkbox"/> Wash walls, clean under large furniture, and shampoo carpets.



WEEK 4

Garage

DAY	TASK
22	<input type="checkbox"/> Clean and service vacuum, washer, and dryer.
23	<input type="checkbox"/> Declutter stored seasonal belongings.
24	<input type="checkbox"/> Vacuum, mop, and sanitize walls and floors.
25	<input type="checkbox"/> Clean outdoor patio furniture.
26	<input type="checkbox"/> Clean inside and outside of vehicles and lawn equipment.
27	<input type="checkbox"/> Clean and service lawn equipment.
28	<input type="checkbox"/> Pressure wash house, patios, and decks.