

SPRING CLEANING

checklist

#1

preparing to clean...

GET YOURSELF READY... Wear comfy clothes / play some music or audiobook / have a drink of water nearby / set a timer to race against or keep your focus or to time your session / know your plan of action (will you do a room at a time or bath each job & do that for whole house etc...)

GET YOUR HOUSE READY... Do a quick tidy of things lying around that will get in the way of cleaning / add any obvious rubbish to a bin bag / open windows for fresh air / gather your cleaning supplies

#2

the kitchen / utility

DUST TOPS OF ALL CABINETS

☐

CLEAN ALL LIGHTING

☐

EMPTY EACH CUPBOARD & CLEAN

☐

CLEAN THE OVEN

☐

CLEAN THE HOB

☐

CLEAN THE HOOD AND FILTER

☐

CLEAN THE MICROWAVE

☐

CLEAN THE DISHWASHER

☐

EMPTY THE FRIDGE & CLEAN

☐

DEFROST THE FREEZER

☐

CLEAN THE BIN

☐

CLEAN THE SINK & DRAINS

☐

CLEAN THE TAPS

☐

TAKE EVERYTHING OFF THE WORK SURFACES, CLEAN EACH ITEM, CLEAN THE WORKSURFACE & PUT IT ALL BACK

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CLEAN ALL SPLASHBACKS & WALLS

☐

WIPE DOWN ALL CUPBOARD DOORS & HANDLES

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CLEAN ALL ACCESSORIES / ART

☐

TEND TO ANY PLANTS

☐

CLEAN INSIDE ALL WINDOWS

☐

CLEAN/WASH WINDOW DRESSINGS

☐

CLEAN ALL TABLES & CHAIRS

☐

CLEAN THE FLOORS

☐

MAKE A NOTE OF ANY DIY/TRADE JOBS THAT NEED TO BE DONE IN THE SPACE

☐

#3

the bathroom(s)

WASH ALL MATS & TOWELS

☐

CLEAN ALL ACCESSORIES & TOYS

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CLEAN THE FAN

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CLEAN THE MIRRORS

☐

WASH DOWN ALL WALL TILES

☐

CLEAN ALL TAPS

☐

CLEAN THE SHOWER SCREEN/CURTAIN

☐

CLEAN THE INSIDE WINDOWS

☐

CLEAN ALL WINDOW DRESSINGS

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CLEAN THE TOILET

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CLEAN THE BATH

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CLEAN THE SHOWER

☐

CLEAN THE SINK

☐

CLEAN THE BIN

☐

TAKE EVERYTHING OUT OF CUPBOARDS AND CLEAN THE INSIDE

☐

MAKE A NOTE OF ANY DIY/TRADE JOBS THAT NEED TO BE DONE IN THE SPACE

☐

#4

all other rooms...

CLEAN ALL LIGHTING ☐

CLEAN INSIDE OF ALL WINDOWS ☐

CLEAN / WASH WINDOW DRESSINGS ☐

WASH THROWS / CUSHION COVERS ☐

CLEAN ALL LEATHER ☐

HOOVER UNDER ALL CUSHIONS ☐

CLEAN ALL PICTURE FRAMES ☐

DUST ALL ACCESSORIES ☐

TEND TO ANY PLANTS ☐

CLEAN ALL WOODWORK AND TRIM ☐

CLEAN THE DOOR HANDLES ☐

TAKE EVERYTHING OUT OF CUPBOARDS AND CLEAN INSIDE ☐

POLISH ALL SURFACES ☐

CLEAN ALL MIRRORS ☐

MOVE ALL FURNITURE & GO BEHIND IT & HOOVER AND WIPE DOWN WOODWORK ☐

STEAM CLEAN/HOOVER FLOORING incl. RUGS ☐

WAX WOODEN FLOORS ☐

MAKE A NOTE OF ANY DIY/TRADE JOBS THAT NEED TO BE DONE IN THE SPACE ☐

#5

extra to include in bedrooms only

WASH ALL BEDDING ☐

WASH PILLOWS AND QUILTS ☐

WASH MATTRESS PROTECTOR ☐

TURN OR FLIP MATTRESS IF NEEDED ☐

HOOVER & CLEAN MATTRESS ☐

#6

outside

SWEEP ALL FLOORS IN GARAGE/SHED ☐

POWER WASH OUTSIDE FLOORS ☐

CLEAN ALL GARDEN FURNITURE ☐

CLEAN RUBBISH BINS ☐

WASH ALL OUTSIDE OF WINDOWS ☐

CLEAN GUTTERING AND DRAINS ☐

CLEAN CAR INSIDE & OUT ☐

MAKE A NOTE OF ANY DIY/TRADE JOBS THAT NEED TO BE DONE IN THE SPACE ☐

#7

maintenance jobs to complete...
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CHANGE ALL CO2 and SMOKE ALARM BATTERIES AND CHECK THEY ARE WORKING OK ☐