

# Bedroom Cleaning Checklist

Daily	M	T	W	T	F	S	S
Declutter counters							
Wash the dishes							
Run and empty the dishwasher							
Clean the sink							
Wipe up spills from the floors, appliances, and countertops							
Sweep the floor							
Place used dish towels in the washer							
Leave a fresh kitchen towel							

## Monthly Bedroom Cleaning

- Take inventory of your pantry
- Check your freezer
- Sanitize the fridge
- Clean your oven
- Empty the toaster's interior
- Clean the dishwasher
- Descale your coffee maker
- Clean the drawer organizers or dividers
- Clean the cabinet drawers & doors
- Dust the cabinet and refrigerator tops, and light fixtures
- Clean and sanitize trash and recycling bins
- Scrub and clean tile grout

## Quarterly Bedroom Cleaning

- Organize your kitchenware
- Clean and defrost your freezer
- Clean the refrigerator coils
- Sweep under the big appliances
- Clean the range hood and kitchen exhaust fan
- Clean inside your food cabinets and drawers
- Polish dining tables and chairs
- Put your pantry in order

## Weekly Bedroom Cleaning

- Make an inventory of the leftovers
- Clean the appliances' exteriors
- Clean the microwave's interior
- Spot-clean cabinets
- Scrub your cutting board
- Sanitize sponges
- Wash kitchen towels and cloth
- Deep clean the sink and faucet
- Empty and clean the kitchen bins
- Sweep and mop the kitchen floor

## Notes