



# • 30-DAY • Cleaning Challenge

## KITCHEN

DAY	TASK	X
1	Clean microwave and oven.	<input type="checkbox"/>
2	Clean dishwasher and appliances.	<input type="checkbox"/>
3	Wipe down pantry.	<input type="checkbox"/>
4	Scrub down fridge.	<input type="checkbox"/>
5	Organize and toss expired foods.	<input type="checkbox"/>
6	Clean kitchen sink and under the sink.	<input type="checkbox"/>
7	Wipe down walls, and wash garbage can.	<input type="checkbox"/>
8	Clean stove top, kitchen surface areas, and floor.	<input type="checkbox"/>

## BATHROOM

9	Clean medicine cabinet and storage.	<input type="checkbox"/>
10	Trash expired items, and declutter.	<input type="checkbox"/>
11	Clean shower, tub, shower curtains, and walls.	<input type="checkbox"/>
12	Clean toilet, bathroom surface areas, mirror, and floor.	<input type="checkbox"/>

## BEDROOM

13	Clean mirrors, windows, blinds, and curtains.	<input type="checkbox"/>
14	Organize closet and drawers, and declutter.	<input type="checkbox"/>
15	Deep-clean mattress, and wash pillows, linen, and comforter.	<input type="checkbox"/>
16	Vacuum, mop, or sweep floor; clean under furniture.	<input type="checkbox"/>
17	Clean furniture, walls, and fixtures.	<input type="checkbox"/>

## LIVING ROOM

DAY	TASK	X
18	Wash cushions, seat, and sofa covers.	<input type="checkbox"/>
19	Clean throws, rugs, chairs, and tables.	<input type="checkbox"/>
20	Clean TV and electronics.	<input type="checkbox"/>
21	Declutter, and toss unwanted items.	<input type="checkbox"/>
22	Vacuum, mop, or sweep floor; clean under furniture.	<input type="checkbox"/>
23	Clean walls and fixtures.	<input type="checkbox"/>
24	Clean windows, blinds, and curtains.	<input type="checkbox"/>

## OFFICE

25	Clean desk, chair, and walls, and declutter.	<input type="checkbox"/>
26	Wipe down bookshelves, and toss unwanted books.	<input type="checkbox"/>

## OTHER

27	Clean washing machine and dryer.	<input type="checkbox"/>
28	Clean patio and outdoor equipment.	<input type="checkbox"/>
29	Clean car and car seat.	<input type="checkbox"/>
30	Clean vacuum and cleaning supplies.	<input type="checkbox"/>