



MY GOAL

DEEP CLEANING CHALLENGE

A challenge to deep clean your home room by room in 30 days.

KITCHEN			LIVING ROOM		
DAY	TASK	X	DAY	TASK	X
1	Clean microwave and oven.	<input type="checkbox"/>	18	Wash cushions, seat, and sofa covers.	<input type="checkbox"/>
2	Clean dishwasher and appliances.	<input type="checkbox"/>	19	Clean throws, rugs, chairs, and tables.	<input type="checkbox"/>
3	Wipe down pantry.	<input type="checkbox"/>	20	Clean TV and electronics.	<input type="checkbox"/>
4	Scrub down fridge.	<input type="checkbox"/>	21	Declutter, and toss unwanted items.	<input type="checkbox"/>
5	Organize and toss expired foods.	<input type="checkbox"/>	22	Vacuum, mop, or sweep floor; clean under furniture.	<input type="checkbox"/>
6	Clean kitchen sink and under the sink.	<input type="checkbox"/>	23	Clean walls and fixtures.	<input type="checkbox"/>
7	Wipe down walls, and wash garbage can.	<input type="checkbox"/>	24	Clean windows, blinds, and curtains.	<input type="checkbox"/>
8	Clean stove top, kitchen surface areas, and floor.	<input type="checkbox"/>	OFFICE		
BATHROOM			25	Clean desk, chair, and walls, and declutter.	<input type="checkbox"/>
9	Clean medicine cabinet and storage.	<input type="checkbox"/>	26	Wipe down bookshelves, and toss unwanted books.	<input type="checkbox"/>
10	Trash expired items, and declutter.	<input type="checkbox"/>	OTHER		
11	Clean shower, tub, shower curtains, and walls.	<input type="checkbox"/>	27	Clean washing machine and dryer.	<input type="checkbox"/>
12	Clean toilet, bathroom surface areas, mirror, and floor.	<input type="checkbox"/>	28	Clean patio and outdoor equipment.	<input type="checkbox"/>
BEDROOM			29	Clean car and car seat.	<input type="checkbox"/>
13	Clean mirrors, windows, blinds, and curtains.	<input type="checkbox"/>	30	Clean vacuum and cleaning supplies.	<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"/>			