

Spring Cleaning

CHECKLIST

SPRING CLEAN (QUARTERLY CLEAN)

- ☐ Deep clean oven
- ☐ Clean/organize pantry
- ☐ Deep clean refrigerator
- ☐ Wash Baseboards
- ☐ Scrub tubs/damp mop all floors
- ☐ Change furnace filter (even in spring/summer!)
- ☐ Vacuum and flip mattress
- ☐ Damp dust ceiling fans
- ☐ Vacuum/wash vents & registers
- ☐ Wipe down light switches
- ☐ Wash/clean out window tracks
- ☐ Wash fabric shower curtains
- ☐ Vacuum lamp shades
- ☐ Damp dust all surfaces
- ☐ Clean out freezer
- ☐ Spot clean walls
- ☐ Touch-up paint
- ☐ Clean cupboard shelves
- ☐ Clean under/behind appliances

NOTES :

Summer Cleaning

CHECKLIST

SPRING CLEAN (QUARTERLY CLEAN)

- ☐ Deep clean oven
- ☐ Clean/organize pantry
- ☐ Deep clean refrigerator
- ☐ Wash Baseboards
- ☐ Scrub tubs/damp mop all floors
- ☐ Change furnace filter (even in spring/summer!)
- ☐ Vacuum and flip mattress
- ☐ Damp dust ceiling fans
- ☐ Vacuum/wash vents & registers
- ☐ Wipe down light switches
- ☐ Wash/clean out window tracks
- ☐ Wash fabric shower curtains
- ☐ Vacuum lamp shades
- ☐ Damp dust all surfaces
- ☐ Clean out freezer
- ☐ Spot clean walls
- ☐ Touch-up paint
- ☐ Clean cupboard shelves
- ☐ Clean under/behind appliances

NOTES :

Fall Cleaning

CHECKLIST

SPRING CLEAN (QUARTERLY CLEAN)

- ☐ Deep clean oven
- ☐ Clean/organize pantry
- ☐ Deep clean refrigerator
- ☐ Wash Baseboards
- ☐ Scrub tubs/damp mop all floors
- ☐ Change furnace filter (even in spring/summer!)
- ☐ Vacuum and flip mattress
- ☐ Damp dust ceiling fans
- ☐ Vacuum/wash vents & registers
- ☐ Wipe down light switches
- ☐ Wash/clean out window tracks
- ☐ Wash fabric shower curtains
- ☐ Vacuum lamp shades
- ☐ Damp dust all surfaces
- ☐ Clean out freezer
- ☐ Spot clean walls
- ☐ Touch-up paint
- ☐ Clean cupboard shelves
- ☐ Clean under/behind appliances

NOTES :

Winter Cleaning

CHECKLIST

SPRING CLEAN (QUARTERLY CLEAN)

- ☐ Deep clean oven
- ☐ Clean/organize pantry
- ☐ Deep clean refrigerator
- ☐ Wash Baseboards
- ☐ Scrub tubs/damp mop all floors
- ☐ Change furnace filter (even in spring/summer!)
- ☐ Vacuum and flip mattress
- ☐ Damp dust ceiling fans
- ☐ Vacuum/wash vents & registers
- ☐ Wipe down light switches
- ☐ Wash/clean out window tracks
- ☐ Wash fabric shower curtains
- ☐ Vacuum lamp shades
- ☐ Damp dust all surfaces
- ☐ Clean out freezer
- ☐ Spot clean walls
- ☐ Touch-up paint
- ☐ Clean cupboard shelves
- ☐ Clean under/behind appliances

NOTES :