

# CLEANZEN<sup>o</sup>

## Spring Cleaning Checklist



### ENTRYWAY

- Sweep and mop the floor
- Wipe down the walls, baseboards, door and knob
- Clean the windows, blinds and sills
- Shake off the debris on the exterior door mat, and launder the interior floor rug
- Store away winter coats, gloves and other outerwear for the season
- Straighten the shoes, and invest in a shoe rack if you do not have one
- Remove debris from light fixtures
- Clean the banister



### LAUNDRY ROOM

- Wipe down the exterior surfaces of the washer and dryer
- Clean the dryer lint trap and vent
- Deep clean the interior of washing machine
- Wipe down the shelves and cabinets
- Clean the blinds, windows and sills
- Wipe down the walls and baseboards, including behind the washer and dryer
- Mop the floor, including under the washer and drier
- Clean the light fixture
- Wipe down the door and knob



### KITCHEN

- Remove expired food from the pantry, fridge and freezer
- Donate or toss unnecessary dishes and small appliances
- Clean off the pantry shelves
- Wipe down the cabinet shelves and the interior of drawers
- Clean the backsplash using a degreaser
- Wipe down cabinet faces and knobs, and use a degreaser as needed
- Deep clean the interior of the microwave, dishwasher, oven, fridge and freezer
- Sweep and mop the floor
- Wipe down the exterior of all major and smaller appliances
- Clean the coffeemaker
- Remove debris from the toaster pan
- Use lemon or vinegar to deep clean the sink, drain and garbage disposal
- Clean the light fixtures
- Wipe down the walls, doors, trim and baseboards
- Dust decorative pieces
- Clean the floor rugs in the washing machine
- Clean the interior windows, sills and blinds



### BATHROOM

- Remove expired medications, cosmetics and other products
- Sanitize the toothbrush holder
- Clean all makeup brushes
- Sanitize sink, drain and faucet
- Wipe down the counter and faucet knobs
- Clean the mirror
- Sanitize the shower and tub using a mildew remover product
- Clean the grout and tile
- Sanitize the interior and exterior of the toilet
- Launder the floor rugs, shower curtain and liner
- Clean the light fixtures
- Wipe down the interior and exterior of the cabinets and drawers
- Clean windows and sills
- Wipe down the walls, doors, knobs and baseboards
- Organize the linen closet
- Sweep and mop the floor



### LIVING ROOM

- Dust and polish wood furniture
- Vacuum the chairs and sofa, including under the seats
- Vacuum the floor using baking soda, including underneath furniture
- Launder or tumble dry throw pillows
- Wipe down ceiling fan blades and light fixtures
- Dust the lampshades
- Launder or vacuum the curtains
- Clean the curtain rod, blinds, windows and sills
- Dust all electronics
- Wipe down decorative pieces
- Sanitize the remote controls



### OFFICE

- Dust the wood furniture
- Vacuum the upholstered furniture
- Clean the light fixtures and fan blades
- Dust the lampshades
- Dust the electronics, including the computer, printer and other equipment
- Sanitize the keyboard, mouse and other frequently touched surfaces
- Dust the bookshelf and books
- Organize the closet and drawers
- Wipe down décor
- Vacuum the floor using baking soda
- Launder the curtains when possible
- Clean the curtain rods, blinds, windows and sills
- Wipe down the walls, doors, knobs and baseboards



### BEDROOM

- Launder the bed linens, including the bed skirt
- Tumble dry the pillows
- Vacuum the mattress
- Clean the ceiling fan blades and light fixtures
- Dust the lampshades
- Remove unwanted clothes and other items
- Organize the closet and drawers
- Vacuum the floor using baking soda
- Launder or vacuum curtains
- Clean the curtain rod, blinds, windows and sills
- Dust decorative pieces



### GARAGE

- Put everything back in its place
- Reorganize
- Remove unnecessary or unused items
- Clean the light fixture and the garage door opener
- Clean the interior and exterior of garage door and its frame
- Wipe down the walls, trim, doors and knobs
- Clean the windows
- Sweep the floor

USE THIS CHECKLIST TO SIMPLIFY THE PROCESS AND TO ENSURE THAT YOU DO NOT OVERLOOK ANY IMPORTANT STEPS.

*Spring Cleaning! Let's do this!*