

## Monthly Cleaning Checklist

A simple, recurring checklist for monthly home maintenance and tidiness.

### General Tasks (Do in Every Room)

- Dust ceiling fans and light fixtures
- Wipe baseboards and door frames
- Clean windows and window tracks (interior)
- Vacuum behind and under furniture
- Wipe down walls and light switches
- Disinfect trash cans and recycling bins
- Wash entryway rugs and doormats
- Clean mirrors and glass doors

### Kitchen

- Clean inside microwave, oven, and toaster
- Wipe inside of fridge and remove expired items
- Clean dishwasher filter and run cleaning cycle
- Sanitize sink drain and garbage disposal
- Wipe down cabinet doors and backsplash
- Check pantry for expired or stale items

### Bathroom

- Scrub grout and tile edges
- Wash or replace shower curtain/liner
- Deep-clean toilet base and behind
- Wipe out drawers and under-sink cabinet
- Clean mirrors, faucets, and fixtures
- Disinfect toothbrush holder and soap dispenser

### Bedroom

- Rotate and vacuum mattress
- Wash pillows and mattress cover
- Clean out one drawer or closet section
- Dust nightstands, lamps, and decorations
- Wash bedding that isn't part of weekly wash (e.g. duvet insert)

### Living Room

- Vacuum upholstery and under cushions
- Dust electronics and clean screens
- Wipe down remotes and switch plates
- Tidy up cords and entertainment center
- Wash or shake out throw blankets and pillow covers

## Laundry

- Clean washing machine (inside and out)
- Wipe down dryer and clean lint trap
- Vacuum behind/under machines if accessible
- Restock detergent and supplies
- Organize shelves and remove empty bottles

## Bonus Tasks

- Check HVAC filters (replace if needed)
- Test smoke and CO detectors
- Wipe down inside of closets or entry storage
- Clean pet bedding, toys, and bowls (if applicable)
- Shred or file built-up paperwork

## Pro Tips

- Add monthly tasks to your calendar so you don't forget
- Rotate a "focus area" each month (e.g. pantry, garage, closet)