

Monthly Cleaning Checklist

A monthly cleaning checklist of deeper tasks that go beyond the weekly routine.

Dust and Detail

- ☐ Wipe down baseboards and trim throughout the home
- ☐ Dust ceiling fan blades and light fixtures
- ☐ Vacuum and wipe air vents and return grilles
- ☐ Dust door frames, picture frames, and the tops of cabinets
- ☐ Remove cobwebs from ceiling corners and high spots
- ☐ Wipe down light switch plates and outlet covers

Kitchen Appliances

- ☐ Clean the inside of the microwave and remove the turntable to wash it
- ☐ Wipe down the fridge interior and discard expired food
- ☐ Run a cleaning cycle on the dishwasher and clear the filter
 - A cup of vinegar on the top rack freshens a dishwasher between deep cleans.
- ☐ Descale the kettle and coffee maker
- ☐ Degrease the range hood and wipe the filter
- ☐ Wipe down cabinet fronts and the backsplash

Bathrooms

- ☐ Wash the shower curtain or wipe down the glass door tracks
- ☐ Scrub grout lines and treat any early mildew spots
- ☐ Descale the showerhead and faucets
- ☐ Clean the exhaust fan cover and clear dust from the vent
- ☐ Disinfect drains in the sink, tub, and shower
- ☐ Wipe down cabinet interiors and reorganize toiletries

Bedrooms and Soft Furnishings

- ☐ Wash mattress protectors and pillow protectors
- ☐ Vacuum the mattress and rotate or flip it
- ☐ Launder throw blankets, cushion covers, and decorative pillows
- ☐ Vacuum under the bed and behind the headboard
- ☐ Wipe down closet shelves and reorganize drawers

Living Areas and Furniture

- ☐ Move sofas and chairs to vacuum underneath
- ☐ Vacuum upholstery, including under and between cushions
- ☐ Dust and polish wood furniture, including legs
- ☐ Wipe down electronics, remotes, and cable boxes
- ☐ Spot-clean stains on rugs and upholstery
- ☐ Clean window sills and wipe down blinds

Whole-Home and Utility

- ☐ Replace or wash HVAC filters

- ☐ Wipe down the washer and dryer and clean the lint trap thoroughly
- ☐ Vacuum and wipe baseboards in hallways and stairs
- ☐ Clean and disinfect trash and recycling bins
- ☐ Test smoke and carbon monoxide detectors and change batteries if needed
- ☐ Vacuum or wash entry mats and doormats