

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