

# HOUSE DEEP *Cleaning* CHECKLIST



**ZONE/DAY: 1**  
**ENTRANCE, FRONT PORCH,  
& DINING ROOM**

No	AREA: FRONT PORCH	EST. TIME
1	Remove cobwebs from ceiling	5
2	Clean porch furniture if any	10
3	Sweep the porch	15
4	Mop floors with warm water or pressure wash (if applicable)	10
5	Shake out and vacuum the door mat	5
6	Throw away any dead plants	5
7	Wipe off tables and light fixtures	10
8	Get rid of unwanted items and shoes	5
9	Clean and wipe down door	5
10	Wipe down doorknobs, light switches, and other high-touch areas with disinfectant wipes	5
11	Add your seasonal decorative touches (wreath, welcome mat, bell)	10
12	Check for cracks and repairs	5

# HOUSE DEEP *Cleaning* CHECKLIST



**ZONE/DAY: 1**  
**ENTRANCE, FRONT PORCH,  
& DINING ROOM**

No	AREA: ENTRANCE/ HALLWAY	EST. TIME
1	Put away mail, keys, bags, or other items that might be lying around	5
2	Straighten the coat closet if present	5
3	Clean cobwebs	5
4	Dust window sills and front door	5
5	Dust furniture	10
6	Dust baseboards	10
7	Clean stains from walls and switch plates	10
8	Water the plants	5
9	Vacuum and steam clean rug/carpet if present	15
10	Sweep/vacuum and mop the floor	15
11	Change the picture frames/ art if necessary	5

# HOUSE DEEP *Cleaning* CHECKLIST



**ZONE/DAY: 1**  
**ENTRANCE, FRONT PORCH,  
& DINING ROOM**

No	AREA: DINING ROOM	EST. TIME
1	Clean cobwebs	5
2	Dust window sills	5
3	Clean the window	15
4	Clean and polish top of dining table	10
5	Tidy chairs	5
6	Clean and straighten drawer or cabinet	10
7	Water plants	5
8	Dust bottoms of chairs	5
9	Dust baseboards	10
10	Sweep and vacuum floors	15
11	Move furniture and vacuum underneath/clean hidden corners	15
12	Spot clean upholstery	10
13	Add seasonal touches to table (flowers, candles or tablecloth)	10

# HOUSE DEEP *Cleaning* CHECKLIST



**ZONE/DAY: 2&3**  
**KITCHEN**

No	AREA: KITCHEN	EST. TIME
1	Empty and clean refrigerator	20
2	Defrost freezer and clean thoroughly	25
3	Clean microwave inside and out	10
4	Deep clean stove top	20
5	Deep clean oven (self-clean function if available, otherwise focus main areas)	30
6	Deep clean dishwasher	20
7	Clean and wipe appliances	15
8	Wash dishes	15
9	Empty dish racks	5
10	Deep garbage disposal clean	5
11	Deep clean kitchen sink	5
12	Clean under sink and throw away expired items	10
13	Straighten drawers/cupboards (quick tidy and put-away)	15
14	Organize pantry and spice rack (essential items only)	20
15	Sharpen knives	5
16	Wipe fingerprints off walls	5
17	Wash inside windows	15
18	Clean extractor fan filters and hood	10
19	Scrub and wipe down cabinet fronts	15
20	Descalc and clean kettle and coffee machine	15

# HOUSE DEEP *Cleaning* CHECKLIST



**ZONE/DAY: 2&3**  
**KITCHEN**

No	AREA: KITCHEN (CONTD.)	EST. TIME
21	Wipe light fixtures	5
22	Remove cobwebs	5
23	Wipe baseboards	10
24	Wash/clean curtains/blinds	15
25	Take out trash and deep clean bin	10
26	Clean pet dishes (if applicable)	5

# HOUSE DEEP *Cleaning* CHECKLIST



**ZONE/DAY: 4**  
**BATHROOM(S) & EXTRA  
ROOM**

No	AREA: BATHROOM	EST. TIME
1	Wash bath mat and shower curtains	15
2	Straighten drawers or cabinets	10
3	Clean shower and (or) tub	15
4	Wash shower door	5
5	Clean medicine cabinet if present and throw away empty product bottles	5
6	Clean mirror and countertops	10
7	Descalc taps with brush on descaler or paper towel soaked in vinegar	5
8	Clean toilet	10
9	Vacuum and scrub floors	15
10	Empty and replace bin	5

# HOUSE DEEP *Cleaning* CHECKLIST



**ZONE/DAY: 4**  
**BATHROOM(S) & EXTRA  
ROOM**

No	AREA: EXTRA BEDROOM	EST. TIME
1	Polish furniture	5
2	Straighten drawers/closet (light declutter, put away essentials)	5
3	Clean cobwebs	5
4	Dust mattress pad/rug (brush or quick vacuum)	5
5	Flip mattress	5
6	Wash curtains	5
7	Wash windows (focus on inside)	5
8	Clean window and blinds	5
9	Straighten bookcase	2
10	Straighten desk	2
11	Clean out the closet (discard expired items and obvious clutter)	5
12	Put away stray items	2
13	Vacuum and mop floors	10
14	Deep clean carpet/rug	5
15	Fertilize plants (water and quick feeding)	2
16	Make the bed	3

# HOUSE DEEP *Cleaning* CHECKLIST



**ZONE/DAY: 5**  
**MASTER BEDROOM +  
CLOSET & BATHROOM**

No	AREA: MASTER BEDROOM	EST. TIME
1	Dust light fixtures	5
2	Wipe ceiling fans (if present)	10
3	Dust/polish furniture	15
4	Clean off surfaces	10
5	Remove cobwebs	5
6	Wash mattress pad and sheets	5
7	Flip mattress	5
8	Empty trash	5
9	Clean windows	10
10	Straighten drawers	10
11	Dust baseboards	10
12	Wash/clean curtains/blinds	15
13	Vacuum floors (including under bed)	15
14	Deep clean carpet/rug (small area)	15
15	Mop floors (if applicable)	15
16	Make the bed	10



# HOUSE DEEP *Cleaning* CHECKLIST



**ZONE/DAY: 5**  
**MASTER BEDROOM +**  
**CLOSET & BATHROOM**

No	AREA: MASTER BATHROOM	EST. TIME
1	Open window (if present)	5
2	Wash bath towels and bath mat	10
3	Wipe down sink and vanity countertops	5
4	Straighten up makeup	5
5	Straighten drawer cabinets	10
6	Clean shower/tub and demold	15
7	Deep clean toilet (quick scrub and disinfectant)	10
8	Mop the floor	15
9	Clean shower head (vinegar soak or wipe-down)	5
10	Deep clean drain	10
11	Deep clean/replace shower curtain and liner (quick wipe or remove and launder)	15
12	Empty bin	5

# HOUSE DEEP *Cleaning* CHECKLIST



**ZONE/DAY: 5**  
**MASTER BEDROOM +**  
**CLOSET & BATHROOM**

No	AREA: CLOSET	EST. TIME
1	Sort through clothes and declutter	30
2	Straighten the top shelves	5
3	Dust shelf and surfaces	5
4	Fold and organise clothes	15
5	Arrange and refresh shoes	10
6	Dust shoe shelves	5
7	Vacuum floors	10
8	Clean mirrors and glass (if present)	5
9	Wipe down hangers	5
10	Rotate seasonal clothes (quick swap)	10

# HOUSE DEEP *Cleaning* CHECKLIST



**ZONE/DAY: 6**  
**LIVING ROOM**

No	AREA: LIVING ROOM	EST. TIME
1	Clean cobwebs	5
2	Wipe ceiling fans (if present)	10
3	Clean windows and open for fresh air	15
4	Straighten bookcases and media console	10
5	Wash ornaments and knick-knacks (quick wipe)	10
6	Straighten pillows and throws	5
7	Clean out end table(s)	5
8	Straighten drawers (quick tidy)	5
9	Wipe fingerprints from walls (high-traffic areas)	5
10	Dust and polish furniture and surfaces	15
11	Clean out magazine racks (surface and dust)	5
12	Clean under sofa (vacuum and wipe)	10
13	Clean out fireplace and mantle	10
14	Move furniture and vacuum underneath	10
15	Wipe baseboards	10
16	Vacuum floors	15
17	Mop floors or deep clean carpet/rug	15
18	Refresh seasonal decor (simple additions)	5

# HOUSE DEEP *Cleaning* CHECKLIST



**ZONE/DAY: 7**  
**LAUNDRY ROOM**

No	AREA: LAUNDRY ROOM	EST. TIME
1	Complete laundry and empty baskets	20
2	Drain and clean washing machine filter	5
3	Clean washing machine seal	5
4	Clean soap dispenser tray with toothbrush and soap	5
5	Remove lint from dryer lint trap and vacuum heat exchange	5
6	Do a washing machine drum clean with cleaner or baking soda and vinegar	5
7	Wipe outside of washer and dryer (damp microfiber cloth)	5
8	Check laundry supply and discard empty products	5
9	Empty bin (if present)	5
10	Sweep and mop the floor	15
11	Remove cobwebs	5
12	Look behind appliances for lost items	5