

BEDROOM

Deep Cleaning

CHECKLIST



DATE: _____



STEP 1: DECLUTTER AND PREP	<input type="checkbox"/>
Declutter surfaces (beside table, dresser, desk)	<input type="checkbox"/>
Remove and wash bedsheets, pillowcases, mattress protector	<input type="checkbox"/>
Declutter closet/wardrobe	<input type="checkbox"/>
	<input type="checkbox"/>
STEP 2: CLEAN SURFACES	<input type="checkbox"/>
Remove cobwebs	<input type="checkbox"/>
Clean ceiling fan	<input type="checkbox"/>
Dust furniture, light fixtures, switches, picture frames	<input type="checkbox"/>
Clean mirrors	<input type="checkbox"/>
Vacuum mattress	<input type="checkbox"/>
Rotate mattress	<input type="checkbox"/>
Clean and polish furniture surfaces	<input type="checkbox"/>
	<input type="checkbox"/>
STEP 3: CLEAN WINDOWS AND WALLS	<input type="checkbox"/>
Remove & wash/dry clean curtains	<input type="checkbox"/>
Clean windows and ledge	<input type="checkbox"/>
Clean radiators	<input type="checkbox"/>
Clean walls	<input type="checkbox"/>
Wipe door and handles	<input type="checkbox"/>
	<input type="checkbox"/>

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STEP 4: DEEP CEAN FLOORS	
Move furniture and clean behind	<input type="checkbox"/>
Vacuum under bed	<input type="checkbox"/>
Clean skirting boards/baseboards	<input type="checkbox"/>
Mop/clean floors	<input type="checkbox"/>
	<input type="checkbox"/>
STEP 5: REFRESH & ORGANISE	
Tidy surfaces & arrange belongings	<input type="checkbox"/>
Make bed	<input type="checkbox"/>
Empty bin	<input type="checkbox"/>
Replace burnt light bulbs	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
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DAILY BEDROOM CLEANING CHECKLIST	
Make bed	<input checked="" type="checkbox"/>
Put things back in their original place	<input type="checkbox"/>
Empty laundry basket (if needed)	<input type="checkbox"/>
	<input type="checkbox"/>
WEEKLY BEDROOM CLEANING CHECKLIST	
Remove cobwebs	<input type="checkbox"/>
Dust furniture, electronics, window sills	<input type="checkbox"/>
Clean mirrors	<input type="checkbox"/>
Empty bin	<input type="checkbox"/>
Change & wash bed sheets	<input type="checkbox"/>
Clean skirting/ base boards	<input type="checkbox"/>
Clean door & door handles	<input type="checkbox"/>
Vacuum/mop floors (including under bed)	<input type="checkbox"/>
Air out the room	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

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MONTHLY BEDROOM CLEANING CHECKLIST	
Vacuum & rotate mattress	<input type="checkbox"/>
Wash mattress cover	<input type="checkbox"/>
Vacuum behind furniture & under bed	<input type="checkbox"/>
Clean rugs (spot treat or use carpet cleaner)	<input type="checkbox"/>
Declutter clothes & side tables	<input type="checkbox"/>
Dust blinds/curtains	<input type="checkbox"/>
Clean windows	<input type="checkbox"/>
Clean radiators	<input type="checkbox"/>
Clean ceiling fans (if present)	<input type="checkbox"/>
Wipe walls with microfibre cloth	<input type="checkbox"/>
Dust/clean light fixtures	<input type="checkbox"/>
	<input type="checkbox"/>
BI-ANNUAL BEDROOM CLEANING CHECKLIST	
Wash/dry clean pillows, cushions & duvets	<input type="checkbox"/>
Deep clean rugs/carpets	<input type="checkbox"/>
Clean vents	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>