

Monthly Deep Cleaning Checklist



Area	Monthly Tasks	Min	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Kitchen	Degrease the backsplash and cabinet fronts near the stove	10												
	Clean crumbs and spills under small appliances	5												
	Wipe fridge shelf spills; discard spoiled food	5												
	Clean the microwave inside, including the turntable	5												
	Check the dishwasher filter (if you don't scrape dishes)	5												
	Wash the kitchen trash can if dirty or smelly	5												
Area	Monthly Tasks	Min	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Bathroom	Remove buildup from shower, tub, faucets and door tracks	12												
	Wash or replace the shower curtain liner (care label)	3												
	Scrub around the toilet base and floor edges	5												
	Wipe the exhaust fan grille with the fan switched off	5												
Area	Monthly Tasks	Min	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Bedroom	Vacuum under the bed where safely reachable	5												
	Dust headboard, bed frame, lamps and nightstand edges	5												
	Vacuum upholstered furniture or fabric headboard	5												
Area	Monthly Tasks	Min	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Living Room	Remove sofa cushions and vacuum the crevices	7												
	Vacuum under light furniture you can move safely	5												
	Dust electronics and their vents (dry microfiber)	3												
Area	Monthly Tasks	Min	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Laundry	Run the washer's cleaning cycle	5												
	Wipe the dispenser, the door and under the gasket	5												
	Remove lint around the dryer's lint-screen opening	5												
Area	Monthly Tasks	Min	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Entry	Shake out or vacuum mats; clean the floor underneath	5												
	Vacuum floor edges, corners and door tracks	5												
Area	Rotating Task	Min	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Rotate	This month's rotating task (see page 2) · 30–45 min													

Never mix bleach with ammonia or with acids such as vinegar or toilet-bowl cleaner: the mixtures release toxic gases.
Clean the dryer lint filter before and after every load.

✦ 12-Month Rotation ✦



Month	Rotating Task	Done
January	Wipe the baseboards in the main rooms	☐
February	Clean blinds, shades or washable curtains	☐
March	Dust light fixtures and ceiling-fan blades (stable step stool)	☐
April	Clean inside windows, sills and tracks	☐
May	Clean under the sofa, bed and large furniture (with help)	☐
June	Empty and wipe kitchen cabinets and drawers	☐
July	Wash pillows and duvet, if care labels allow	☐
August	Wipe light switches, door handles and wall marks	☐
September	Clean the oven, following its manual	☐
October	Degrease the range-hood filter	☐
November	Empty the refrigerator; wash shelves and drawers	☐
December	Vacuum closet floors; clear out the coat closet	☐

✦ What to Avoid on Each Surface

Surface	Use	Avoid
Marble, limestone, travertine	pH-neutral stone cleaner	Vinegar, lemon, bleach (can etch the stone)
Stainless steel	Dish soap and water along the grain; dry	Abrasive pads, steel wool
Ceramic tile and grout	Dish soap; baking soda paste for grout	Mixing bleach with any other cleaner
Glass shower doors	Dish soap, then a squeegee or dry cloth	Scouring powder
Upholstery	Vacuum; spot-clean per care-label code	Soaking; forcing off fixed covers

Always follow product labels and appliance manuals.