

**CLEAN MAMA'S**

# **365 DAYS OF CLEANING & DECLUTTERING**

**YOUR GUIDE TO COMPLETING  
A LITTLE SOMETHING EVERYDAY**



# Table of Contents

---

|                   |    |
|-------------------|----|
| Quick Start Guide | 3  |
| January           | 4  |
| February          | 5  |
| March             | 6  |
| April             | 7  |
| May               | 8  |
| June              | 9  |
| July              | 10 |
| August            | 11 |
| September         | 12 |
| October           | 13 |
| November          | 14 |
| December          | 15 |

---

## Quick Start Guide

Feeling a little overwhelmed with all there is to clean in your home? Not sure where to start? The 365 Days of Cleaning & Decluttering is a great place to start.

### FINALLY END THE OVERWHELM

One of the Daily Tasks in the Clean Mama Routine is 'Clutter'. Making this part of your day will help you keep your home clean and organized all year long.

The 365 Days of Cleaning & Decluttering follows the Clean Mama Routine's Monthly Focus – every month we organize an area of the home. This is intended to be used as a companion alongside the Clean Mama Routine.

Use it as a checklist or an idea list of areas to clean and organize. Use it as a way to brainstorm areas to clean and organize. Some of these suggestions are 'over the top', some of them will not apply to your home. That's okay! It's a tool, not a Routine. That's what the [Clean Mama Routine](#) is for!

### HERE'S WHAT YOU NEED TO DO:

- **LOOK IT OVER.** Review your tasks so you know what's coming and can plan accordingly.
- **SET A TIMER.** Set a timer for 5-10 minutes and do a little decluttering – this little list might help you move through your home in a way that works for you.
- **DON'T FORGET THE ROUTINE.** This is intended to be used as a companion alongside the Clean Mama Routine.
- **ACCESS THE COMMUNITY.** As a Homekeeping Society member, you can take advantage of the monthly lives and Facebook community to keep you on track with your cleaning!

# January: Whole House Declutter

| TASK   | ✓ |
|--|---|
| Declutter one kitchen drawer.                  |   |
| Organize the medicine cabinet.                 |   |
| Tidy up a bookshelf.                           |   |
| Clear out one closet.                          |   |
| Sort through movie or music collection.        |   |
| Organize the pantry, discarding expired items. |   |
| Declutter the coffee table.                    |   |
| Tidy the laundry area.                         |   |
| Organize your digital files.                   |   |
| Clear out old magazines.                       |   |
| Declutter your wardrobe.                       |   |
| Organize the shoe rack or storage.             |   |
| Tidy up games and toys.                        |   |
| Declutter the garage.                          |   |
| Organize the linen closet.                     |   |
| Sort through old mail.                         |   |
|  |   |
|  |   |

| TASK                            | ✓ |
|---------------------------------|---|
| Clean out the refrigerator.     |   |
| Declutter under a bed.          |   |
| Declutter bathroom drawers.     |   |
| Tidy the home office.           |   |
| Sort through makeup/toiletries. |   |
| Organize hobby supplies.        |   |
| Declutter storage area.         |   |
| Tidy up the entryway.           |   |
| Organize gardening supplies.    |   |
| Declutter electronics.          |   |
| Organize sports equipment.      |   |
| Tidy up the pet area.           |   |
| Declutter your car.             |   |
| Organize your bags and purses.  |   |
| Sort through jewelry.           |   |
|                                 |   |
|                                 |   |

## February: Kitchen

| TASK                              | ✓ |
|-----------------------------------|---|
| Clean the oven.                   |   |
| Organize spices.                  |   |
| Deep clean the refrigerator.      |   |
| Deep clean the freezer.           |   |
| Sort kitchen utensils.            |   |
| Organize the pantry.              |   |
| Scrub the sink.                   |   |
| Clean the dishwasher.             |   |
| Organize food storage containers. |   |
| Wipe down kitchen counters.       |   |
| Clean the coffee maker.           |   |
| Organize baking supplies.         |   |
| Scrub the stovetop.               |   |
| Clean kitchen window(s).          |   |
|                                   |   |
|                                   |   |
|                                   |   |
|                                   |   |

| TASK                                    | ✓ |
|---|---|
| Organize the cutlery drawer.            |   |
| Sort through kitchen towels.            |   |
| Clean the range hood.                   |   |
| Organize the dish rack.                 |   |
| Clean the trash can.                    |   |
| Clean the baseboards and floor.         |   |
| Organize recipe books.                  |   |
| Clean the kitchen table.                |   |
| Organize the snack area.                |   |
| Clean small appliances.                 |   |
| Organize food storage wrap.             |   |
| Descal the tea kettle and coffee maker. |   |
| Organize under the sink.                |   |
|   |   |
|   |   |
|   |   |
|   |   |

## March: Spring Cleaning

| TASK  | ✓ |
|---|---|
| Wash windows – inside and out (weather permitting). |   |
| Clean curtains and drapes.                          |   |
| Dust ceiling fans.                                  |   |
| Deep clean carpets.                                 |   |
| Wash throw pillows.                                 |   |
| Clean light fixtures.                               |   |
| Dust and polish furniture.                          |   |
| Dust and clean walls.                               |   |
| Clean vents.  |   |
| Deep clean mattresses.                              |   |
| Wash baseboards.                                    |   |
| Clean outdoor furniture.                            |   |
| Clean rugs.   |   |
| Clean window tracks.                                |   |
| Dust bookshelves.                                   |   |
| Clean under heavy furniture.                        |   |
|   |   |
|   |   |

| TASK                            | ✓ |
|---------------------------------|---|
| Wash blankets.                  |   |
| Clean door frames.              |   |
| Wash pet beds.                  |   |
| Clean electronics.              |   |
| Clean and polish faucets.       |   |
| Deep clean shower(s).           |   |
| Clean the fireplace.            |   |
| Open windows and air out rooms. |   |
| Clean garden tools.             |   |
| Wash throw rugs.                |   |
| Dust and clean framed pictures. |   |
| Clean porch areas.              |   |
| Check on plant beds.            |   |
| Clean the grill.                |   |
| Wash exterior doors.            |   |
|                                 |   |
|                                 |   |

## April: Bathrooms

| TASK  | ✓ |
|---|---|
| Clean shower curtains and doors.                |   |
| Clean and organize bathroom cabinets.           |   |
| Scrub and disinfect the toilet, inside and out. |   |
| Clean bathroom mirrors.                         |   |
| Wash bathroom rugs and mats.                    |   |
| Clean and organize the medicine cabinet.        |   |
| Scrub bathroom tiles and grout.                 |   |
| Clean and organize under the sink.              |   |
| Wash and sanitize bathroom trash cans.          |   |
| Clean and organize bathroom drawers.            |   |
| Replace or clean the shower head.               |   |
| Clean bathroom light switches + door knobs.     |   |
| Clean bathroom windows and sills.               |   |
| Organize and declutter beauty products.         |   |
| Clean and organize linen closets.               |   |
|   |   |
|   |   |
|   |   |

| TASK  | ✓ |
|---|---|
| Clean and polish bathroom faucets + fixtures. |   |
| Wash walls and baseboards.                    |   |
| Refresh and organize toiletries.              |   |
| Clean and sanitize toothbrush holders.        |   |
| Organize bath toys and children's bath items. |   |
| Clean drains.                                 |   |
| Refresh/organize bath towels + washcloths.    |   |
| Clean and organize hair styling tools.        |   |
| Scrub and polish bathroom floor.              |   |
| Clean laundry hampers.                        |   |
| Organize first aid supplies.                  |   |
| Dust/vacuum bathroom air vents.               |   |
| Organize and clean the guest bathroom.        |   |
| Clean + organize additional bathroom storage. |   |
|   |   |
|   |   |
|   |   |

## May: Garage/Basement

| TASK  | ✓ |
|---|---|
| Declutter and organize tools.                   |   |
| Clean and organize workbenches.                 |   |
| Organize and label storage bins.                |   |
| Sweep and clean garage floors.                  |   |
| Inspect and organize gardening tools.           |   |
| Declutter and donate unused items.              |   |
| Clean and organize sports equipment.            |   |
| Organize and clean the car maintenance area.    |   |
| Declutter and organize holiday decorations      |   |
| Clean and organize the laundry area.            |   |
| Sort and organize paint supplies.               |   |
| Organize outdoor gear (camping, fishing, etc.). |   |
| Clean and organize shelving units.              |   |
| Declutter and organize the workshop area.       |   |
| Clean and organize the gardening area.          |   |
| Organize and clean basement windows + sills.    |   |
|   |   |
|   |   |

| TASK  | ✓ |
|---|---|
| Sort and organize craft supplies.                   |   |
| Clean and organize the pet area.                    |   |
| Wash and sanitize trash and recycling bins.         |   |
| Organize and declutter kids' play area.             |   |
| Clean and organize the furnace + utility area.      |   |
| Check and organize emergency supplies.              |   |
| Clean and organize storage areas.                   |   |
| Clean/organize home gym or exercise area.           |   |
| Declutter and organize seasonal clothing.           |   |
| Wash and clean basement walls and floors.           |   |
| Clean and organize home theater/entertainment area. |   |
| Organize tools.                                     |   |
| Clean and organize hobby area.                      |   |
| Inspect and clean the sump pump and area.           |   |
| Clean and organize the basement bathroom.           |   |
|   |   |
|   |   |



## June: Bedrooms

| TASK   | ✓ |
|--|---|
| Declutter bedside tables, removing unnecessary items.          |   |
| Sort through your closet(s) and donate unused clothes.         |   |
| Clean under beds.  |   |
| Tidy up and reorganize your linen closet.                      |   |
| Dust the ceiling and corners.                                  |   |
| Clean bedroom windows.   |   |
| Thoroughly vacuum or wash bedroom floors.                      |   |
| Wash all your bedding, including duvet covers and pillowcases. |   |
| Fluff pillows, replacing protectors if needed.                 |   |
| Rotate mattress and give it a vacuum.                          |   |
| Dust and clean curtains and blinds.                            |   |
| Clean and declutter the closet floor.                          |   |
| Organize jewelry.  |   |
| Dust and clean light fixtures and lampshades.                  |   |
| Wipe down all bedroom furniture.                               |   |
| Sort and organize makeup + beauty products.                    |   |
|  |   |
|  |   |

| TASK   | ✓ |
|--|---|
| Declutter any books and magazines in your bedroom.                     |   |
| Open windows to air out the room.                                      |   |
| Clean pictures and frames.   |   |
| Straighten up cords.   |   |
| Spot clean walls.  |   |
| Wipe down remotes, doors, and handles.                                 |   |
| Refresh your room scent with new diffusers or candles.                 |   |
| Check and test your bedroom smoke alarms.                              |   |
| Organize any extra storage boxes or units in your bedroom.             |   |
| Dust/clean artwork + photos in your bedroom.                           |   |
| Declutter/organize underwear + sock drawers.                           |   |
| Declutter and sort shoes.  |   |
| Organize luggage and purses.   |   |
| Consider rearranging your bedroom furniture for a new look.            |   |
| Create or tidy a cozy reading nook or relaxation area in your bedroom. |   |
|  |   |
|  |   |

## July: Organizing Systems

| TASK  | ✓ |
|---|---|
| Organize your daily mail system.                    |   |
| Sort and label kitchen storage containers.          |   |
| Create a system for sorting laundry.                |   |
| Organize the bathroom medicine cabinet.             |   |
| Set up a recycling system.                          |   |
| Organize your digital files and photos.             |   |
| Create a meal planning and grocery shopping system. |   |
| Organize your cleaning supplies.                    |   |
| Set up a system for kids' school papers.            |   |
| Organize your car's glove compartment.              |   |
| Create a system for storing shoes.                  |   |
| Organize your jewelry.                              |   |
| Set up a pet supplies area.                         |   |
| Organize your makeup and toiletries.                |   |
| Create a system for storing seasonal clothing.      |   |
| Organize your bookshelves.                          |   |
|   |   |
|   |   |

| TASK  | ✓ |
|---|---|
| Set up a gift-wrapping station.                             |   |
| Organize tool shed or garage.                               |   |
| Create a system for managing subscriptions and memberships. |   |
| Organize your pantry.                                       |   |
| Set up a system for storing important documents.            |   |
| Organize your craft supplies.                               |   |
| Create a system for managing household chores.              |   |
| Organize your linen closet.                                 |   |
| Set up a system for holiday decorations.                    |   |
| Organize your home office space.                            |   |
| Create a system for children's artwork and projects.        |   |
| Organize your gardening supplies.                           |   |
| Set up a system for managing receipts.                      |   |
| Organize your workout/sports gear.                          |   |
| Create a system for managing home maintenance tasks.        |   |
|   |   |
|   |   |

## August: Closets

| TASK  | ✓ |
|---|---|
| Declutter clothes.                                    |   |
| Organize your shoe collection.                        |   |
| Sort and organize hats, scarves, gloves.              |   |
| Organize your linen closet.                           |   |
| Declutter and organize kids' closets.                 |   |
| Organize your coat closet.                            |   |
| Sort through and organize seasonal clothing.          |   |
| Create a system for storing handbags and accessories. |   |
| Organize cleaning supplies in a utility closet.       |   |
| Declutter and organize sports equipment.              |   |
| Sort and organize your formal wear.                   |   |
| Create a system for rotating seasonal clothing.       |   |
| Organize your craft supply closet.                    |   |
| Declutter/organize stored bedding + blankets.         |   |
| Sort/organize travel luggage + gear.                  |   |
| Organize your home office supply closet.              |   |
|   |   |
|   |   |

| TASK  | ✓ |
|---|---|
| Declutter and organize your gift wrap supplies.           |   |
| Sort and organize stored holiday decorations.             |   |
| Organize your pet supplies closet.                        |   |
| Declutter and organize shoe care supplies.                |   |
| Sort/organize bags and backpacks.                         |   |
| Create a system for storing outgrown children's clothing. |   |
| Organize your electronics and gadgets closet.             |   |
| Declutter/organize board games + puzzles.                 |   |
| Sort and organize belts and ties.                         |   |
| Create a system for storing seasonal sports gear.         |   |
| Organize home maintenance + DIY supplies.                 |   |
| Declutter and organize your outerwear.                    |   |
| Sort through + organize your collection of hats.          |   |
| Organize your laundry supplies.                           |   |
| Create a system for storing cleaning supplies.            |   |
|   |   |
|   |   |

## September: Entryway/Mudroom

| TASK  | ✓ |
|---|---|
| Declutter the entryway closet.                            |   |
| Organize your shoe storage area.                          |   |
| Create a system for storing keys.                         |   |
| Create a system for sorting and keeping mail.             |   |
| Clean and organize the coat rack or hooks.                |   |
| Organize umbrellas and rain gear.                         |   |
| Clean shoe mat and tray.                                  |   |
| Organize your bag and backpack storage.                   |   |
| Clean and organize entryway bench or seating.             |   |
| Create a system for managing incoming and outgoing items. |   |
| Organize outdoor accessories (hats, sunglasses, etc.).    |   |
| Declutter and organize your entryway decor.               |   |
| Clean the entryway rug or mat.                            |   |
| Organize pet leashes and outdoor gear.                    |   |
| Create a system for storing seasonal outdoor items.       |   |
|   |   |
|   |   |
|   |   |

| TASK  | ✓ |
|---|---|
| Clean entryway windows and doors.                     |   |
| Declutter + organize your mudroom cabinets.           |   |
| Create a system for managing children's school items. |   |
| Organize your sports equipment storage.               |   |
| Wash entryway floor.                                  |   |
| Declutter + organize mudroom/laundry area.            |   |
| Organize emergency kit and first aid supplies.        |   |
| Create a system for storing winter gear.              |   |
| Declutter and organize your car care supplies.        |   |
| Organize your bicycle storage.                        |   |
| Create a system for managing outdoor toys.            |   |
| Organize/clean your recycling and trash bins.         |   |
| Clean entryway light fixtures.                        |   |
| Declutter and organize shoe care products.            |   |
| Organize your seasonal decor storage.                 |   |
|   |   |
|   |   |
|   |   |

## October: Laundry Room

| TASK  | ✓ |
|---|---|
| Declutter and organize laundry supplies.            |   |
| Clean the washing machine.                          |   |
| Organize your laundry sorting system.               |   |
| Clean the dryer and lint trap.                      |   |
| Organize ironing supplies and equipment.            |   |
| Declutter/organize laundry storage shelves.         |   |
| Create a system for managing lost and found items.  |   |
| Organize your laundry hampers and baskets.          |   |
| Clean and organize the laundry room sink.           |   |
| Organize and label laundry products.                |   |
| Declutter and organize your drying racks.           |   |
| Wash laundry room floor.                            |   |
| Organize your stain removal products.               |   |
| Create a system for managing hand-wash clothing.    |   |
| Declutter and organize sewing and mending supplies. |   |
| Organize fabric care products.                      |   |
|   |   |
|   |   |

| TASK   | ✓ |
|--|---|
| Clean laundry room windows and door.                               |   |
| Create a system for storing seasonal laundry items.                |   |
| Organize your clothespins and hangers.                             |   |
| Declutter + organize your garment care tools.                      |   |
| Clean/organize laundry room walls + decor.                         |   |
| Organize your pet laundry supplies.                                |   |
| Create a system for managing laundry for different family members. |   |
| Clean laundry room light fixtures.                                 |   |
| Declutter and organize lint rollers + brushes.                     |   |
| Organize your laundry folding area.                                |   |
| Clean and organize laundry room cabinets.                          |   |
| Create a system for storing laundry room cleaning supplies.        |   |
| Organize laundry gadgets and accessories.                          |   |
| Declutter and organize the laundry room work surface.              |   |
| Create a system for managing laundry room waste and recycling.     |   |
|  |   |
|  |   |

## November: Living Areas

| TASK   | ✓ |
|--|---|
| Declutter/organize living room bookshelves.              |   |
| Clean and organize the coffee table.                     |   |
| Organize media and entertainment system.                 |   |
| Declutter/organize the sofa + seating areas.             |   |
| Clean living room light fixtures.                        |   |
| Organize your living room decor.                         |   |
| Declutter/organize mantel + fireplace area.              |   |
| Clean living room windows and drapes                     |   |
| Vacuum and wash living room rug(s) and floor.            |   |
| Declutter and organize gaming and entertainment devices. |   |
| Clean and organize the living room walls + art.          |   |
| Organize your throw pillows and blankets.                |   |
| Declutter and organize the family room book collection.  |   |
| Clean and organize the family room entertainment center. |   |
| Organize your board games and puzzles.                   |   |
|  |   |
|  |   |
|  |   |

| TASK   | ✓ |
|--|---|
| Declutter/organize family room sofa + chairs.                  |   |
| Clean family room light fixtures                               |   |
| Organize your family room decor and photos.                    |   |
| Declutter and organize children's play area.                   |   |
| Clean family room windows and window treatments.               |   |
| Vacuum + wash family room rug(s) and floor.                    |   |
| Declutter and organize video game collection.                  |   |
| Clean and organize the family room walls + art.                |   |
| Organize family room cushions + blankets.                      |   |
| Declutter and organize your magazine and newspaper collection. |   |
| Clean/organize the family room electronics.                    |   |
| Organize your music and stereo system.                         |   |
| Declutter and organize your video collection.                  |   |
| Clean/organize the family room bookshelves.                    |   |
| Organize your holiday decor storage.                           |   |
|  |   |
|  |   |
|  |   |

## December: Office/Paperwork

| TASK   | ✓ |
|--|---|
| Declutter and organize your desk drawers.              |   |
| Organize your office supplies.                         |   |
| Create a system for managing incoming mail and bills.  |   |
| Declutter and organize your bookshelves.               |   |
| Organize your digital files and backups.               |   |
| Clean/organize computer and peripherals.               |   |
| Create a system for managing important documents.      |   |
| Declutter and organize your filing cabinet.            |   |
| Organize your office stationery.                       |   |
| Clean and organize your office chair and seating area. |   |
| Clean office light fixtures.                           |   |
| Declutter and organize your office decor.              |   |
| Create a system for managing receipts and invoices.    |   |
| Organize your office electronics and gadgets.          |   |
| Declutter and organize notepads + journals.            |   |
| Clean office windows + window treatments.              |   |
|  |   |
|  |   |

| TASK  | ✓ |
|---|---|
| Organize your office wall art and decorations.                      |   |
| Declutter and organize your printer and printing supplies.          |   |
| Create a system for managing work projects and assignments.         |   |
| Organize office calendar and planning tools.                        |   |
| Declutter and organize office cords + cables.                       |   |
| Vacuum and wash office floor.                                       |   |
| Organize your reference books and manuals.                          |   |
| Declutter/organize office snack + coffee area.                      |   |
| Create a system for managing business cards and contacts.           |   |
| Organize your office tools and equipment.                           |   |
| Declutter and organize office crafting supplies.                    |   |
| Clean and organize your office walls and bulletin boards.           |   |
| Organize your home office security and safety equipment.            |   |
| Declutter and organize your office travel and conference materials. |   |
| Create a system for end-of-year paperwork and tax preparation.      |   |
|   |   |
|   |   |