

**CLEAN MAMA'S**

**GUIDE TO A**

**CLEAN HOME**

**FINDING PEACE IN  
YOUR ROUTINE**



# Table of Contents

Quick Start Guide	4
Using the Clean Mama Routine	5
<b>THE DAILY TASKS CHECKLISTS</b>	<b>7</b>
Daily Tasks Tracker	8
Blank Daily Tasks Tracker	9
<b>THE WEEKLY TASKS CHECKLISTS</b>	<b>10</b>
Weekly Cleaning Checklist	11
Blank Weekly Cleaning Checklist	12
Complete Cleaning Checklist	13
Blank Complete Cleaning Checklist	14
Once-A-Week Checklist	15
Blank Once-A-Week Checklist	16
<b>THE ROTATING TASKS CHECKLISTS</b>	<b>17</b>
Rotating Cleaning Checklist	18
Pick-A-Month Rotating Cleaning Checklist	19
Blank Rotating Cleaning Checklist	20
<b>THE MONTHLY FOCUS CHECKLISTS</b>	<b>21</b>
January + February – Monthly Focus Checklist	22
March + April – Monthly Focus Checklist	23
May + June – Monthly Focus Checklist	24
July + August – Monthly Focus Checklist	25
September + October – Monthly Focus Checklist	26
November + December – Monthly Focus Checklist	27

# Table of Contents

<b>FAVORITE DIY RECIPES</b>	<b>28</b>
Lavender + Lemon Disinfecting Cleaner, Tea Tree Mildew Remover, Rust + Mineral Deposit Remover	29
Daily Shower Spray, Nightly Sink Scrub, Hardwood Floor Cleaner, Mattress + Carpet Freshener	30
All Purpose Cleaner, Window + Glass Cleaner, Soft Cleaning Paste, Powder Scrub	31
Disinfecting Cleaner, Cleaning by the Bucket, Lavender + Lemon Fabric Freshener, Stone Cleaning Spray	32
Blank DIY Recipe Cards	33
<b>QUICK CLEAN CHECKLISTS</b>	<b>34</b>
Kitchen Appliances Quick Clean	35
Kitchen Quick Clean	36
Bedrooms Quick Clean	37
15 Minute Bathroom Quick Clean	38
Living Spaces Quick Clean	39
Whole House Quick Clean	40
Washing Machine Quick Cleans	41
Dishwasher Quick Clean	43
<b>SPRING CLEANING CHECKLISTS</b>	<b>44</b>
Spring Cleaning Quick Start	45
60 Minute Spring Clean	46
Whole Home Checklist	47
Home Project Checklist	48
Kitchen + Bathroom – Room-By-Room Checklist	49
Bedrooms + Living Areas – Room-By-Room Checklist	50
Laundry Room + Entryway / Mudroom – Room-By-Room Checklist	51
Blank Room-By-Room Checklist	52

# Quick Start Guide

Let's figure out the best way for you to clean YOUR home.

Instead of wasting time getting started, we're going to do it the Clean Mama Way. If you are looking for an easy way to clean your home while enjoy your busy life, this is it! It will take time and a little figuring out, but it's worth it and within no time you'll love the home you're in.

Just minutes a day, simple action steps, and no marathon cleaning sessions on the weekends is THE way to clean your home. Ready?

**THE NEXT FEW PAGES HOLD YOUR QUICK START GUIDE TO A CLEAN AND COZY HOME THAT YOU CAN TRULY ENJOY.**

## 1. FIND YOUR WHY

It's important to determine WHY you want a clean home. Do you want it to look better, feel less stress, finally declutter from your move, invite people over, free time on the weekends, locate things quickly, save time.

**TAKE A MINUTE AND WRITE DOWN YOUR WHY.**

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## 2. FIND YOUR TIME

Can you carve out a little time in the morning, afternoon, evening for a little routine? Start with a couple minutes – even 5 minutes will help and just START. The magic of a cleaning routine is knowing what to clean and when to clean it.



*No wasting time figuring things out, you have a plan to follow.*

## 3. THE DAILY TASKS

These five tasks are essential to the Clean Mama Routine + the secret to getting started with your clean home! Keep going with the Daily Tasks for a month. Tweak them, find the best time to do them, maybe batch some things on your day off.

1. MAKE BEDS
2. WIPE COUNTERS
3. CHECK FLOORS
4. CLUTTER
5. LAUNDRY

**CONTINUE READING ON THE NEXT PAGE...**

# Using the Clean Mama Routine

Grab the Daily Tasks Tracker on page 7 and do the following:



**MAKE THE BEDS** Start by making your bed. Do this every day for a week. If you have kids, and they can make their beds, encourage them to, but don't make it for them.



**WIPE THE COUNTERS** Once you have making beds down, wipe counters - this includes dishes and wiping down the kitchen table + counters for a week - don't add anything else.



**CHECK THE FLOORS** The next week sweep under the kitchen table or do a quick vacuum before you leave for work or at the end of the day - set a timer for 2 minutes, don't spend longer than that.



**TACKLE THE CLUTTER** Once you've added these tasks together and you're doing them most days, see how that feels. When you feel like you can add a little more, set a timer for whatever feels doable - 5 minutes? 15 minutes? The amount of time doesn't matter, what matters is that you are building a little habit each and every day to deal with clutter - this can be mail, kids papers, a stack of stuff that needs to be sifted through - do this while watching a movie or show at the end of the day.



**DO THE LAUNDRY** THEN, once you have the first 4 DAILY TASKS rolling, add one load of laundry. Do it from start to finish - again, this will be difficult but it will be time and sanity saving as you get in the groove with it. Run the load before bed, toss in the dryer before work and then quickly fold it while watching TV or better yet, teach your kids to do it so they can at least help with their own laundry.

## 4. THE WEEKLY TASKS

When you find that the DAILY TASKS are coming easily for you it's time to add the WEEKLY TASKS. As you're doing the Weekly Tasks, start by using a timer and set it for the amount of time you want to spend. Only have 10 minutes? No problem. Set your timer, and do the Weekly Task for that amount of time. Next week? Do what you didn't finish. Here's the thing I want you to realize - it's just dirt. We're going to get better, it's going to get easier with each week, but there's no reason to feel defeated as you get started. Do your best and guess what? Forget the rest. You'll get there!



**MONDAY: BATHROOMS** Follow my step by step Bathroom Quick Clean checklist so you can clean your bathrooms in 15 minutes!



**TUESDAY: DUSTING** Dusting can be easy + fun; the secret is to do it every Tuesday, you don't want to let the dust accumulate!



**WEDNESDAY: VACUUM** It's important to move quickly - start on the second floor with the room that's the farthest away from the stairs or at the farthest corner of the house.



**THURSDAY: FLOOR WASHING** Mopping floors doesn't have to be difficult or overwhelming! Vacuuming the day before makes this task even easier.



**FRIDAY: CATCH-ALL** Didn't get your bathrooms clean or laundry done? Do it on Friday! Fridays are also a great day to incorporate one of the monthly rotating tasks.



**SATURDAY: SHEETS + TOWELS** With a load of laundry happening every day of the week, you'll be caught up on everything else, work on sheets + towels!

## Using the Clean Mama Routine

### 5. THE ROTATING TASKS

Keep going with the DAILY TASKS and WEEKLY TASKS – when you are consistently completing these tasks with success and ease and you feel like you're ready for more, then it's time to add the ROTATING TASKS.

You can do these at the same time as your Weekly Tasks, or you can tackle them one at a time. We incorporate many of these tasks into our Catch-All Day Fridays or with a day of the week that it makes sense with.

- **VACUUM + WASH BASEBOARDS**  
I like to incorporate this task on Wednesday (Vacuuming Day) and/or on Thursday (Floor Washing Day).
- **CLEAN LIGHT FIXTURES**  
We'll be rotating through all the light fixtures in your home throughout the year, just one room a month - that's it!
- **WASH OR VACUUM RUGS**  
For throw rugs or area rugs that need a little extra cleaning attention.
- **LAUNDRER BEDDING**  
Wash bedding, pillows & blankets that don't get laundered weekly. If you can't wash them, toss pillows in the dryer to fluff up.
- **VACUUM + SPOT-CLEAN FURNITURE**  
Remove cushions & pillows, vacuum with your hose and upholstery attachments. Use a little soap on a damp towel to spot clean.
- **POLISH WOOD FURNITURE**  
Sometimes our furniture needs a little extra shine. You can do this on a Tuesday as you dust.
- **CHANGE FILTERS**  
Water filters, vacuum filters, furnace filters...this task is your reminder to change what needs to be changed.

- **CLEAN OVEN + OTHER APPLIANCES**  
Clean the oven & wipe down all appliances. This isn't done every month, so when you see it on the schedule, try to get it done.
- **WIPE DOWN APPLIANCES**  
You might need to do this more often but putting it on the schedule monthly helps get it done for sure.
- **WASH WINDOWS**  
This might doing it yourself or scheduling this to be done with a professional. Our homes look better when we can see outside - clean those windows! Split it up during the month if it feels like too much.
- **WIPE SWITCHES / PHONES / REMOTES**  
Give those most-touched areas a quick wipe down and clean. Have little ones? Give them a baby wipe and have them help!

### 6. THE MONTHLY FOCUS

Last step? It's time to add the MONTHLY FOCUS. After you feel good about incorporating the Daily Tasks, Weekly Tasks, and Rotating Tasks into your schedule and life, it's time to learn about the Monthly Focus. There is one focus for every month. Print out the Monthly Focus checklists to help you every month.

You'll be working through your entire home - organizing each space as you can during the month. I love this approach and focus. It's intended to give you the time and space to find and implement habits and systems that really work for you and your family.





# The Daily Tasks

✦ CHECKLISTS ✦

The five daily tasks are essential to the Clean Mama Routine and the secret to getting started with your clean home! Use these checklists to help you tackle the five tasks every day.

LOOKING FOR MORE TIPS & TRICKS? VISIT [CLEANMAMA.COM!](https://www.CLEANMAMA.COM)

# THE DAILY TASKS

## Daily Tasks Tracker

MONDAY	
<input type="checkbox"/> Make Beds	<input type="checkbox"/>
<input type="checkbox"/> Wipe Counters	<input type="checkbox"/>
<input type="checkbox"/> Check Floors	<input type="checkbox"/>
<input type="checkbox"/> Clutter	<input type="checkbox"/>
<input type="checkbox"/> Laundry	<input type="checkbox"/>

TUESDAY	
<input type="checkbox"/> Make Beds	<input type="checkbox"/>
<input type="checkbox"/> Wipe Counters	<input type="checkbox"/>
<input type="checkbox"/> Check Floors	<input type="checkbox"/>
<input type="checkbox"/> Clutter	<input type="checkbox"/>
<input type="checkbox"/> Laundry	<input type="checkbox"/>

WEDNESDAY	
<input type="checkbox"/> Make Beds	<input type="checkbox"/>
<input type="checkbox"/> Wipe Counters	<input type="checkbox"/>
<input type="checkbox"/> Check Floors	<input type="checkbox"/>
<input type="checkbox"/> Clutter	<input type="checkbox"/>
<input type="checkbox"/> Laundry	<input type="checkbox"/>

THURSDAY	
<input type="checkbox"/> Make Beds	<input type="checkbox"/>
<input type="checkbox"/> Wipe Counters	<input type="checkbox"/>
<input type="checkbox"/> Check Floors	<input type="checkbox"/>
<input type="checkbox"/> Clutter	<input type="checkbox"/>
<input type="checkbox"/> Laundry	<input type="checkbox"/>

FRIDAY	
<input type="checkbox"/> Make Beds	<input type="checkbox"/>
<input type="checkbox"/> Wipe Counters	<input type="checkbox"/>
<input type="checkbox"/> Check Floors	<input type="checkbox"/>
<input type="checkbox"/> Clutter	<input type="checkbox"/>
<input type="checkbox"/> Laundry	<input type="checkbox"/>

SATURDAY	
<input type="checkbox"/> Make Beds	<input type="checkbox"/>
<input type="checkbox"/> Wipe Counters	<input type="checkbox"/>
<input type="checkbox"/> Check Floors	<input type="checkbox"/>
<input type="checkbox"/> Clutter	<input type="checkbox"/>
<input type="checkbox"/> Laundry	<input type="checkbox"/>

SUNDAY	
<input type="checkbox"/> Make Beds	<input type="checkbox"/>
<input type="checkbox"/> Wipe Counters	<input type="checkbox"/>
<input type="checkbox"/> Check Floors	<input type="checkbox"/>
<input type="checkbox"/> Clutter	<input type="checkbox"/>
<input type="checkbox"/> Laundry	<input type="checkbox"/>

THE WEEKLY TASKS	
<input type="checkbox"/> Bathrooms	<input type="checkbox"/> Wash Floors
<input type="checkbox"/> Dust	<input type="checkbox"/> Catch-All
<input type="checkbox"/> Vacuum	<input type="checkbox"/> Sheets + Towels
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>



## THE DAILY TASKS

# Blank Daily Tasks Tracker

MONDAY	
<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"/>	<input type="checkbox"/>

TUESDAY	
<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"/>	<input type="checkbox"/>

WEDNESDAY	
<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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THURSDAY	
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
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FRIDAY	
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

SATURDAY	
<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"/>	<input type="checkbox"/>

SUNDAY	
<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"/>	<input type="checkbox"/>

OTHER	
<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"/>	<input type="checkbox"/>



# The Weekly Tasks

✦ CHECKLISTS ✦

Set your timer, and do the Weekly Task for that amount of time. Use these checklists to help! It's going to get easier with each week. Do your best and guess what? Forget the rest. You'll get there!

LOOKING FOR MORE TIPS & TRICKS? VISIT [CLEANMAMA.COM!](https://www.cleanmama.com)

# THE WEEKLY TASKS

## Cleaning Checklist

WEEK OF:	
<input type="checkbox"/> Bathrooms	<input type="checkbox"/> Wash Floors
<input type="checkbox"/> Dust	<input type="checkbox"/> Catch-All
<input type="checkbox"/> Vacuum	<input type="checkbox"/> Sheets + Towels
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

WEEK OF:	
<input type="checkbox"/> Bathrooms	<input type="checkbox"/> Wash Floors
<input type="checkbox"/> Dust	<input type="checkbox"/> Catch-All
<input type="checkbox"/> Vacuum	<input type="checkbox"/> Sheets + Towels
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

WEEK OF:	
<input type="checkbox"/> Bathrooms	<input type="checkbox"/> Wash Floors
<input type="checkbox"/> Dust	<input type="checkbox"/> Catch-All
<input type="checkbox"/> Vacuum	<input type="checkbox"/> Sheets + Towels
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

WEEK OF:	
<input type="checkbox"/> Bathrooms	<input type="checkbox"/> Wash Floors
<input type="checkbox"/> Dust	<input type="checkbox"/> Catch-All
<input type="checkbox"/> Vacuum	<input type="checkbox"/> Sheets + Towels
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

WEEK OF:	
<input type="checkbox"/> Bathrooms	<input type="checkbox"/> Wash Floors
<input type="checkbox"/> Dust	<input type="checkbox"/> Catch-All
<input type="checkbox"/> Vacuum	<input type="checkbox"/> Sheets + Towels
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

WEEK OF:	
<input type="checkbox"/> Bathrooms	<input type="checkbox"/> Wash Floors
<input type="checkbox"/> Dust	<input type="checkbox"/> Catch-All
<input type="checkbox"/> Vacuum	<input type="checkbox"/> Sheets + Towels
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

WEEK OF:	
<input type="checkbox"/> Bathrooms	<input type="checkbox"/> Wash Floors
<input type="checkbox"/> Dust	<input type="checkbox"/> Catch-All
<input type="checkbox"/> Vacuum	<input type="checkbox"/> Sheets + Towels
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

WEEK OF:	
<input type="checkbox"/> Bathrooms	<input type="checkbox"/> Wash Floors
<input type="checkbox"/> Dust	<input type="checkbox"/> Catch-All
<input type="checkbox"/> Vacuum	<input type="checkbox"/> Sheets + Towels
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

## THE WEEKLY TASKS

# Blank Cleaning Checklist

WEEK OF:	
<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"/>	<input type="checkbox"/>

WEEK OF:	
<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"/>	<input type="checkbox"/>

WEEK OF:	
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WEEK OF:	
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WEEK OF:	
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WEEK OF:	
<input type="checkbox"/>	<input type="checkbox"/>
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WEEK OF:	
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WEEK OF:	
<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"/>	<input type="checkbox"/>

## THE WEEKLY TASKS

# Complete Cleaning Checklist

✦	MONTH:	
<i>week of:</i>	<b>MONDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Bathrooms
	<b>TUESDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Dust
	<b>WEDNESDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Vacuum
	<b>THURSDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Wash Floors
	<b>FRIDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Catch-All
	<b>SATURDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Sheets + Towels
	<b>SUNDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	
<i>week of:</i>	<b>MONDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Bathrooms
	<b>TUESDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Dust
	<b>WEDNESDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Vacuum
	<b>THURSDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Wash Floors
	<b>FRIDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Catch-All
	<b>SATURDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Sheets + Towels
	<b>SUNDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	
<i>week of:</i>	<b>MONDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Bathrooms
	<b>TUESDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Dust
	<b>WEDNESDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Vacuum
	<b>THURSDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Wash Floors
	<b>FRIDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Catch-All
	<b>SATURDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Sheets + Towels
	<b>SUNDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	
<i>week of:</i>	<b>MONDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Bathrooms
	<b>TUESDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Dust
	<b>WEDNESDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Vacuum
	<b>THURSDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Wash Floors
	<b>FRIDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Catch-All
	<b>SATURDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	<input type="checkbox"/> Sheets + Towels
	<b>SUNDAY:</b> <input type="checkbox"/> beds <input type="checkbox"/> counters <input type="checkbox"/> floor <input type="checkbox"/> clutter <input type="checkbox"/> laundry	

## THE WEEKLY TASKS

# Blank Complete Cleaning Checklist

✦	MONTH:	
<i>week of:</i>	MONDAY:	<input type="checkbox"/>
	TUESDAY:	<input type="checkbox"/>
	WEDNESDAY:	<input type="checkbox"/>
	THURSDAY:	<input type="checkbox"/>
	FRIDAY:	<input type="checkbox"/>
	SATURDAY:	<input type="checkbox"/>
	SUNDAY:	<input type="checkbox"/>
	<i>week of:</i>	MONDAY:
TUESDAY:		<input type="checkbox"/>
WEDNESDAY:		<input type="checkbox"/>
THURSDAY:		<input type="checkbox"/>
FRIDAY:		<input type="checkbox"/>
SATURDAY:		<input type="checkbox"/>
SUNDAY:		<input type="checkbox"/>
<i>week of:</i>		MONDAY:
	TUESDAY:	<input type="checkbox"/>
	WEDNESDAY:	<input type="checkbox"/>
	THURSDAY:	<input type="checkbox"/>
	FRIDAY:	<input type="checkbox"/>
	SATURDAY:	<input type="checkbox"/>
	SUNDAY:	<input type="checkbox"/>
	<i>week of:</i>	MONDAY:
TUESDAY:		<input type="checkbox"/>
WEDNESDAY:		<input type="checkbox"/>
THURSDAY:		<input type="checkbox"/>
FRIDAY:		<input type="checkbox"/>
SATURDAY:		<input type="checkbox"/>
SUNDAY:		<input type="checkbox"/>
<i>week of:</i>		MONDAY:
	TUESDAY:	<input type="checkbox"/>
	WEDNESDAY:	<input type="checkbox"/>
	THURSDAY:	<input type="checkbox"/>
	FRIDAY:	<input type="checkbox"/>
	SATURDAY:	<input type="checkbox"/>
	SUNDAY:	<input type="checkbox"/>

## THE WEEKLY TASKS

# Once-A-Week Checklist

✦	MONTH:		
<i>week of:</i>	<input type="checkbox"/> Make Beds	<input type="checkbox"/> Wipe Counters	<input type="checkbox"/> Check Floors
	<input type="checkbox"/> Clutter	<input type="checkbox"/> Laundry	<input type="checkbox"/> Bathrooms
	<input type="checkbox"/> Dust	<input type="checkbox"/> Vacuum	<input type="checkbox"/> Wash Floors
	<input type="checkbox"/> Catch-All	<input type="checkbox"/> Sheets + Towels	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>week of:</i>	<input type="checkbox"/> Make Beds	<input type="checkbox"/> Wipe Counters	<input type="checkbox"/> Check Floors
	<input type="checkbox"/> Clutter	<input type="checkbox"/> Laundry	<input type="checkbox"/> Bathrooms
	<input type="checkbox"/> Dust	<input type="checkbox"/> Vacuum	<input type="checkbox"/> Wash Floors
	<input type="checkbox"/> Catch-All	<input type="checkbox"/> Sheets + Towels	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>week of:</i>	<input type="checkbox"/> Make Beds	<input type="checkbox"/> Wipe Counters	<input type="checkbox"/> Check Floors
	<input type="checkbox"/> Clutter	<input type="checkbox"/> Laundry	<input type="checkbox"/> Bathrooms
	<input type="checkbox"/> Dust	<input type="checkbox"/> Vacuum	<input type="checkbox"/> Wash Floors
	<input type="checkbox"/> Catch-All	<input type="checkbox"/> Sheets + Towels	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>week of:</i>	<input type="checkbox"/> Make Beds	<input type="checkbox"/> Wipe Counters	<input type="checkbox"/> Check Floors
	<input type="checkbox"/> Clutter	<input type="checkbox"/> Laundry	<input type="checkbox"/> Bathrooms
	<input type="checkbox"/> Dust	<input type="checkbox"/> Vacuum	<input type="checkbox"/> Wash Floors
	<input type="checkbox"/> Catch-All	<input type="checkbox"/> Sheets + Towels	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>week of:</i>	<input type="checkbox"/> Make Beds	<input type="checkbox"/> Wipe Counters	<input type="checkbox"/> Check Floors
	<input type="checkbox"/> Clutter	<input type="checkbox"/> Laundry	<input type="checkbox"/> Bathrooms
	<input type="checkbox"/> Dust	<input type="checkbox"/> Vacuum	<input type="checkbox"/> Wash Floors
	<input type="checkbox"/> Catch-All	<input type="checkbox"/> Sheets + Towels	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## THE WEEKLY TASKS

# Blank Once-A-Week Checklist

✦	MONTH:		
<i>week of:</i>	<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"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>week of:</i>	<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"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>week of:</i>	<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"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>week of:</i>	<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"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>week of:</i>	<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"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





# The Rotating Tasks

## ✦ CHECKLISTS ✦

When you are consistently completing the Daily and Weekly Tasks and feel like you're ready for more, then it's time to add the Rotating Tasks. Use these checklist to help! You can do these at the same time as your Weekly Tasks, or you can tackle them one at a time.

LOOKING FOR MORE TIPS & TRICKS? VISIT [CLEANMAMA.COM!](https://www.cleanmama.com)

## THE ROTATING TASKS

# Cleaning Checklist

JANUARY	FEBRUARY	MARCH	APRIL
<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards
<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture
<input type="checkbox"/> Light Fixtures: Whole House	<input type="checkbox"/> Light Fixtures: Kitchen	<input type="checkbox"/> Light Fixtures: Living/Dining	<input type="checkbox"/> Light Fixtures: Bathrooms
<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs
<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture
<input type="checkbox"/> Change Filters	<input type="checkbox"/> Wipe Switches/Phones/Remotes	<input type="checkbox"/> Wipe Switches/Phones/Remotes	<input type="checkbox"/> Wipe Switches/Phones/Remotes
<input type="checkbox"/> Clean Oven	<input type="checkbox"/> Spot Clean Walls	<input type="checkbox"/> Spot Clean Walls	<input type="checkbox"/> Wipe Down Appliances
<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Clean Oven
<input type="checkbox"/> Wash Windows	<input type="checkbox"/> Clean Vents	<input type="checkbox"/>	<input type="checkbox"/>
MAY	JUNE	JULY	AUGUST
<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards
<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture
<input type="checkbox"/> Light Fixtures: Main Bedroom	<input type="checkbox"/> Light Fixtures: Other Bedroom	<input type="checkbox"/> Light Fixtures: Bathrooms	<input type="checkbox"/> Light Fixtures: Living/Dining
<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs
<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture
<input type="checkbox"/> Clean Window Treatments	<input type="checkbox"/> Wipe Switches/Phones/Remotes	<input type="checkbox"/> Clean Oven, Fridge, Freezer	<input type="checkbox"/> Wipe Switches/Phones/Remotes
<input type="checkbox"/> Spot Clean Walls	<input type="checkbox"/> Lamps	<input type="checkbox"/> Dust Ceilings + Corners	<input type="checkbox"/> Spot Clean Walls
<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Wash Windows	<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Wipe Down Appliances
<input type="checkbox"/>	<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Change Filters	<input type="checkbox"/>
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards
<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture
<input type="checkbox"/> Light Fixtures: Entryway/Mudroom	<input type="checkbox"/> Light Fixtures: Laundry Room/Area	<input type="checkbox"/> Light Fixtures: Living Areas	<input type="checkbox"/> Light Fixtures: Office or Bedrooms
<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs
<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture
<input type="checkbox"/> Clean Window Treatments	<input type="checkbox"/> Wipe Switches/Phones/Remotes	<input type="checkbox"/> Dust Ceilings + Corners	<input type="checkbox"/> Wipe Switches/Phones/Remotes
<input type="checkbox"/> Wash/Fluff Pillows + Bedding	<input type="checkbox"/> Clean Oven	<input type="checkbox"/> Spot Clean Walls	<input type="checkbox"/> Clean Window Treatments
<input type="checkbox"/> Rotate/Vacuum Mattresses	<input type="checkbox"/> Vacuum Garage/Basement/Storage	<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Lamps
<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Clean Vents	<input type="checkbox"/> Wipe Down Appliances

## THE ROTATING TASKS

# Pick-A-Month Cleaning Checklist

<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards
<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture
<input type="checkbox"/> Light Fixtures: Whole House	<input type="checkbox"/> Light Fixtures: Kitchen	<input type="checkbox"/> Light Fixtures: Living/Dining	<input type="checkbox"/> Light Fixtures: Bathrooms
<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs
<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture
<input type="checkbox"/> Change Filters	<input type="checkbox"/> Wipe Switches/Phones/Remotes	<input type="checkbox"/> Wipe Switches/Phones/Remotes	<input type="checkbox"/> Wipe Switches/Phones/Remotes
<input type="checkbox"/> Clean Oven	<input type="checkbox"/> Spot Clean Walls	<input type="checkbox"/> Spot Clean Walls	<input type="checkbox"/> Wipe Down Appliances
<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Clean Oven
<input type="checkbox"/> Wash Windows	<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"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards
<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture
<input type="checkbox"/> Light Fixtures: Main Bedroom	<input type="checkbox"/> Light Fixtures: Other Bedroom	<input type="checkbox"/> Light Fixtures: Bathrooms	<input type="checkbox"/> Light Fixtures: Living/Dining
<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs
<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture
<input type="checkbox"/> Clean Window Treatments	<input type="checkbox"/> Wipe Switches/Phones/Remotes	<input type="checkbox"/> Clean Oven, Fridge, Freezer	<input type="checkbox"/> Wipe Switches/Phones/Remotes
<input type="checkbox"/> Spot Clean Walls	<input type="checkbox"/> Lamps	<input type="checkbox"/> Dust Ceilings + Corners	<input type="checkbox"/> Spot Clean Walls
<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Wash Windows	<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Wipe Down Appliances
<input type="checkbox"/>	<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Change Filters	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards	<input type="checkbox"/> Vacuum/Wash Baseboards
<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture	<input type="checkbox"/> Vacuum/Spot Clean Furniture
<input type="checkbox"/> Light Fixtures: Entryway/Mudroom	<input type="checkbox"/> Light Fixtures: Laundry Room/Area	<input type="checkbox"/> Light Fixtures: Living Areas	<input type="checkbox"/> Light Fixtures: Office or Bedrooms
<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs	<input type="checkbox"/> Wash Rugs
<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture	<input type="checkbox"/> Polish Wood Furniture
<input type="checkbox"/> Clean Window Treatments	<input type="checkbox"/> Wipe Switches/Phones/Remotes	<input type="checkbox"/> Dust Ceilings + Corners	<input type="checkbox"/> Wipe Switches/Phones/Remotes
<input type="checkbox"/> Wash/Fluff Pillows + Bedding	<input type="checkbox"/> Clean Oven	<input type="checkbox"/> Spot Clean Walls	<input type="checkbox"/> Clean Window Treatments
<input type="checkbox"/> Rotate/Vacuum Mattresses	<input type="checkbox"/> Vacuum Garage/Basement/Storage	<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Lamps
<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Wipe Down Appliances	<input type="checkbox"/> Clean Vents	<input type="checkbox"/> Wipe Down Appliances

THE ROTATING TASKS

# Blank Cleaning Checklist

JANUARY	FEBRUARY	MARCH	APRIL
<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"/>	<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"/>	<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"/>	<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"/>
MAY	JUNE	JULY	AUGUST
<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"/>	<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"/>	<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"/>	<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"/>
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<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"/>	<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"/>	<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"/>	<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"/>



## The Monthly Focus

### ✦ CHECKLISTS ✦

You'll be working through your entire home - organizing each space as you can during the month. Use these checklist to help give you the time and space to find and implement habits and systems that really work for you and your family.

LOOKING FOR MORE TIPS & TRICKS? VISIT [CLEANMAMA.COM!](https://www.cleanmama.com)

## THE MONTHLY FOCUS

# Cleaning Checklists

<b>JANUARY</b> <b>WHOLE HOUSE DECLUTTER</b>	<b>FEBRUARY</b> <b>THE KITCHEN</b>
<ul style="list-style-type: none"> <li><input type="radio"/> <b>DECLUTTER</b> do a whole house quick declutter and gather at least 3 bags of stuff you can get rid of</li> <li><input type="radio"/> <b>CLEAN SURFACES</b> remove clutter from flat surfaces (counters, dressers, etc.)</li> <li><input type="radio"/> <b>SORT</b> sort through any existing paper piles that are out on counters or surfaces</li> <li><input type="radio"/> <b>MAIL</b> deal with your mail situation and come up with a way to sort through mail daily so it doesn't pile up</li> <li><input type="radio"/> <b>KITCHEN</b> declutter counter clutter, cabinets, and drawers</li> <li><input type="radio"/> <b>BATHROOM(S)</b> declutter counter clutter, toiletries, cabinets, and drawers</li> <li><input type="radio"/> <b>BEDROOM(S)</b> declutter surfaces, linens, clothing</li> <li><input type="radio"/> <b>LIVING AREAS</b> declutter toys, storage, and flat surfaces</li> <li><input type="radio"/> <b>OTHER AREAS</b> declutter attic, basement, garage, and/or storage areas</li> <li><input type="radio"/></li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> <b>DECLUTTER</b> completely clear counters and wipe clean</li> <li><input type="radio"/> <b>CLEAN SURFACES</b> wipe cabinet and drawer fronts</li> <li><input type="radio"/> <b>DEEP CLEAN</b> clean refrigerator, freezer, and oven</li> <li><input type="radio"/> <b>FOOD STORAGE</b> clean pantry or food storage area – discard any expired food</li> <li><input type="radio"/> <b>TOSS + DONATE</b> items that are no longer needed or wanted</li> <li><input type="radio"/> <b>ORGANIZE</b> group like items together</li> <li><input type="radio"/> <b>CONTAIN</b> use pretty containers to make food and cooking supplies more attractive</li> <li><input type="radio"/> <b>LABEL</b> to make locating items easier and to unify the space</li> <li><input type="radio"/> <b>SCRUB</b> scrub the kitchen sink</li> <li><input type="radio"/> <b>CLEAN MOST TOUCHED AREAS</b> wipe knobs, doors, handles</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>

## THE MONTHLY FOCUS

# Cleaning Checklists

<b>MARCH</b> <b>SPRING CLEANING</b>	<b>APRIL</b> <b>THE BATHROOM(S)</b>
<ul style="list-style-type: none"> <li>○ <b>DECLUTTER</b> clear surfaces and lose anything you don't use or love</li> <li>○ <b>CLEAN SURFACES</b> dust and/or clean all surfaces</li> <li>○ <b>LIGHT FIXTURES + LAMPS</b> dust and/or clean all light fixtures, lamps, and shades</li> <li>○ <b>WINDOW TREATMENTS</b> dust and/or launder window treatments and blinds</li> <li>○ <b>CLEAN + FLUFF</b> rotate/flip mattresses and clean pillows, blankets, and bedding</li> <li>○ <b>CLEAN FLOORS</b> thoroughly vacuum and wash all floors</li> <li>○ <b>CLEAN MOST-TOUCHED AREAS</b> wipe handles, light switches, knobs, doors, remotes, phones</li> <li>○ <b>DEEP CLEAN</b> carpeted areas, wash windows, wash doors, wash baseboards</li> <li>○</li> <li>○</li> <li>○</li> </ul>	<ul style="list-style-type: none"> <li>○ <b>DECLUTTER</b> clear bathroom surfaces of any unnecessary items</li> <li>○ <b>CLEAN</b> clean and wipe all surfaces (counters, toilets, showers, bathtubs)</li> <li>○ <b>DEEP CLEAN</b> vacuum and wash baseboards and floors</li> <li>○ <b>DUST</b> dust and clean light fixtures</li> <li>○ <b>WINDOW TREATMENTS</b> dust and/or launder window treatments and blinds</li> <li>○ <b>CLEAN</b> shower curtains and bath mats</li> <li>○ <b>CLEAN MOST TOUCHED AREAS</b> wipe handles, knobs, doors, switches/switch plates</li> <li>○ <b>STOCK UP</b> plan ahead and stock up on toilet paper, tissues, and toiletries</li> <li>○ <b>PRACTICE</b> take it out, put it away with toiletries and any items on the counters</li> <li>○ <b>AMBIENCE</b> add something special – fluffy white towels, a candle, etc.</li> </ul>

## THE MONTHLY FOCUS

# Cleaning Checklists

<b>MAY</b> <b>GARAGE / BASEMENT</b>	<b>JUNE</b> <b>THE BEDROOM(S)</b>
<ul style="list-style-type: none"> <li><input type="radio"/> <b>DECLUTTER</b> clear surfaces and lose anything you don't use or love</li> <li><input type="radio"/> <b>CLEAN</b> dust and/or clean all surfaces</li> <li><input type="radio"/> <b>SWEEP OR VACUUM</b> clean garage floor</li> <li><input type="radio"/> <b>ORGANIZE</b> put systems in place that will get your household through the summer</li> <li><input type="radio"/> <b>WASH VEHICLES</b> wash or take to be washed</li> <li><input type="radio"/> <b>VACUUM FLOORS</b> thoroughly vacuum and clean vehicle floors</li> <li><input type="radio"/> <b>CLEAN MOST TOUCHED AREAS</b> wipe handles, knobs, doors, switches/switch plates</li> <li><input type="radio"/> <b>DEEP CLEAN</b> wash vehicle windows, clean dashboard, empty trunk, etc.</li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> <b>DECLUTTER</b> clear surfaces and lose anything you don't use or love</li> <li><input type="radio"/> <b>CLEAN SURFACES</b> dust and/or clean all surfaces</li> <li><input type="radio"/> <b>EVALUATE</b> what is/isn't working – write it down and plan it out</li> <li><input type="radio"/> <b>LIGHT FIXTURES + LAMPS</b> dust and clean all light fixtures, lamps, and shades in living areas</li> <li><input type="radio"/> <b>CLEAN + FLUFF</b> pillows, blankets, and bedding</li> <li><input type="radio"/> <b>FRESH START</b> thoroughly vacuum and/or wash floors</li> <li><input type="radio"/> <b>PREPARE</b> add items to encourage calm and relaxation – make sure the bedside table(s) are cleaned off and add a book that's been on your list to read</li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>



## THE MONTHLY FOCUS

# Cleaning Checklists

<b>JULY</b> <b>ORGANIZING SYSTEMS</b>	<b>AUGUST</b> <b>THE CLOSETS</b>
<ul style="list-style-type: none"> <li><input type="radio"/> <b>DECLUTTER</b> clear surfaces and lose anything you don't use or love</li> <li><input type="radio"/> <b>EVALUATE</b> look at methods and systems already in place</li> <li><input type="radio"/> <b>FIND 3 TROUBLE SPOTS</b> write them down and commit to taking care of them</li> <li><input type="radio"/> <b>SOMETHING NEW</b> choose a new method or way of doing something to simplify your life</li> <li><input type="radio"/> <b>PERSPECTIVE</b> ask a friend for ideas or take pictures to see it in a new light</li> <li><input type="radio"/> <b>SUPPLIES</b> shop the house for supplies to put your new systems in place</li> <li><input type="radio"/> <b>SET UP YOUR SYSTEMS</b> show family members how to implement</li> <li><input type="radio"/> <b>ADD ON</b> once the first system is in place and working, add the next one</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> <b>DECLUTTER</b> completely empty and clean the space</li> <li><input type="radio"/> <b>CLEAN SURFACES</b> clean and wipe shelves and wash/vacuum the floor</li> <li><input type="radio"/> <b>EVALUATE</b> what is/isn't working – write it down and plan it out</li> <li><input type="radio"/> <b>TOSS + DONATE</b> items that are no longer needed, wanted, or don't fit</li> <li><input type="radio"/> <b>ORGANIZE</b> group like items together</li> <li><input type="radio"/> <b>LABEL</b> to make locating items easier and more uniform</li> <li><input type="radio"/> <b>PRACTICE</b> take it out, put it away – keep it neat and tidy going forward</li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>

## THE MONTHLY FOCUS

# Cleaning Checklists

<b>SEPTEMBER</b> <b>ENTRYWAY / MUDROOM</b>	<b>OCTOBER</b> <b>LAUNDRY ROOM / AREA</b>
<ul style="list-style-type: none"> <li><input type="radio"/> <b>DECLUTTER</b> completely empty and clean the entryway (coat closet, bench, etc.)</li> <li><input type="radio"/> <b>CLEAN</b> clean and wipe shelves and wash/vacuum the floor and outside entry area</li> <li><input type="radio"/> <b>EVALUATE</b> what is/isn't working – add storage and make sure you have a place to hang guests' coats</li> <li><input type="radio"/> <b>ORGANIZE + CONTAIN</b> group like items together</li> <li><input type="radio"/> <b>PRACTICE</b> take it out, put it away</li> <li><input type="radio"/> <b>SLIPPER BASKET</b> if you want to make your guests feel especially comfortable and keep shoes at the door, add a basket with socks or slippers for them to slip on upon arrival</li> <li><input type="radio"/> <b>GARMENT CARE KIT</b> keep a lint roller, sweater shaver, and any garment care items in a basket for any clothing mishaps</li> <li><input type="radio"/></li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> <b>DECLUTTER</b> clear laundry room or laundry area of unnecessary items</li> <li><input type="radio"/> <b>CLEAN</b> clean and wipe any shelves or drawers</li> <li><input type="radio"/> <b>DEEP CLEAN</b> washer and dryer</li> <li><input type="radio"/> <b>EVALUATE</b> what is/isn't working</li> <li><input type="radio"/> <b>TOSS + DONATE</b> items that are no longer needed or wanted</li> <li><input type="radio"/> <b>ORGANIZE</b> group like items together</li> <li><input type="radio"/> <b>CONTAIN</b> use pretty containers to make supplies more attractive</li> <li><input type="radio"/> <b>LABEL</b> to make locating items easier and to unify the space</li> <li><input type="radio"/> <b>PRACTICE</b> take it out, put it away and do a load of laundry every day to keep it manageable</li> <li><input type="radio"/></li> <li><input type="radio"/></li> </ul>

## THE MONTHLY FOCUS

# Cleaning Checklists

<b>NOVEMBER</b> <b>LIVING AREAS</b>	<b>DECEMBER</b> <b>OFFICE / PAPERWORK</b>
<ul style="list-style-type: none"> <li>○ <b>DECLUTTER</b> clear surfaces and lose anything you don't use or love</li> <li>○ <b>CLEAN SURFACES</b> dust and/or clean all surfaces</li> <li>○ <b>LIGHT FIXTURES &amp; LAMPS</b> dust and clean all light fixtures, lamps, and shades in living areas</li> <li>○ <b>WINDOW TREATMENTS</b> dust and/or launder window treatments and blinds</li> <li>○ <b>CLEAN + FLUFF</b> pillows, blankets, and cushions</li> <li>○ <b>FRESH START</b> thoroughly vacuum and wash floors if necessary</li> <li>○ <b>CLEAN MOST TOUCHED AREAS</b> wipe handles, knobs, doors, remotes, phones</li> <li>○ <b>PREPARE</b> add items to encourage family time and relaxation – games, books, pillows, a candle, etc.</li> <li>○</li> <li>○</li> </ul>	<ul style="list-style-type: none"> <li>○ <b>DECLUTTER</b> clear surfaces and lose anything you don't use or love</li> <li>○ <b>EVALUATE</b> look at methods and systems already in place</li> <li>○ <b>FIND 3 TROUBLE SPOTS</b> write them down and commit to taking care of them</li> <li>○ <b>SOMETHING NEW</b> choose a new method or way of doing something to simplify your paper</li> <li>○ <b>SHRED, SHRED, SHRED</b> shred those documents that you no longer need</li> <li>○ <b>SUPPLIES</b> shop the house for supplies to put your new systems in place</li> <li>○ <b>SET UP YOUR SYSTEMS</b> whether it's a new filing system or an attempt to go paperless, get something in place that will free you up from handling paper</li> <li>○ <b>ADD ON</b> once the first system is in place and working, add the next one</li> <li>○</li> </ul>



# Favorite DIY Recipes

✧ BY CLEAN MAMA ✧

These simple, safe, and natural recipes are some of my favorites. Combine them with your favorite tools and your home will smell + feel clean!

LOOKING FOR MORE TIPS & TRICKS? VISIT [CLEANMAMA.COM](https://CLEANMAMA.COM)!

# CLEAN MAMA'S

## Favorite DIY Recipes

### LAVENDER + LEMON DISINFECTING CLEANER

- ½ cup white distilled vinegar
- ½ cup vodka
- 10 drops lavender essential oil
- 10 drops lemon essential oil
- 1 ½ cups water

#### *instructions*

Mix all ingredients in a spray bottle and shake to combine. Spray surfaces to be cleaned and allow to sit 10 minutes to disinfect before wiping.

### TEA TREE MILDEW REMOVER

- ½ cup hydrogen peroxide
- 10 drops tea tree essential oil

#### *instructions*

Mix and store in a dark container. Spray liberally on mold/mildew, let sit for 1-2 hours, rinse. Repeat if necessary.

### RUST + MINERAL DEPOSIT REMOVER

- white vinegar

#### *instructions*

Saturate paper towels or rags with white vinegar and drape over area with rust or mineral deposits. Let it sit for 15 minutes and rub with the cloth to remove the rust. Rinse, and repeat if necessary.

### PEPPERMINT GLASS + MIRROR CLEANER

- 2 cups water
- 2 tablespoons white vinegar
- 2 tablespoons rubbing alcohol
- 5 drops peppermint essential oil

#### *instructions*

Combine and mix ingredients in spray bottle. Spray and wipe with a soft cloth.

**DAILY SHOWER SPRAY**

- ½ cup vodka
- 1 cup water
- 10 drops peppermint essential oil

*instructions*

Mix and store in a spray bottle. Spray shower or tub daily after showering or bathing. No rinse needed!


**NIGHTLY SINK SCRUB**

- 2 cups baking soda
- 10 drops lemon essential oil
- 10 drops clove essential oil
- castile or dish soap (this isn't added to the baking soda until it's used!)

*instructions*

Add baking soda to a mason jar or container and add essential oils. Stir to combine. Wet the sink, sprinkle the powder and add a squirt or two of castile or dish soap to the sink. Using a sink-safe scrub brush, scrub the sink thoroughly. Rinse and dry. Repeat every night after your kitchen is clean.

**HARDWOOD FLOOR CLEANER**

- ½ cup white distilled vinegar
  - 1 gallon warm water
  - 2-3 drops essential oil
-  *Lemon + clove is a great essential oil combo for this!*

*instructions*

Mix ingredients in a large bucket or container. Mop with a barely damp mop and bucket or by hand with microfiber towels. Rinse often and change the solution as needed. Make sure your hardwood floors are sealed and make sure that you never let water sit on the floors. Test in an inconspicuous spot first.


**MATTRESS + CARPET FRESHENER**

- 2 cups baking soda
- 10 drops lemon essential oil
- 10 drops lavender essential oil

*instructions*

Add baking soda to a mason jar or container and add essential oils. Stir to combine. To use, sprinkle on carpet, rug or mattress. Let sit for 10 minutes and then vacuum thoroughly. Store remaining freshener in a cool, dark place and use as needed.

## ALL PURPOSE CLEANER

- 1 ¼ cups water
  - ½ cup white vinegar
  - 10 drops lemon essential oil
-  *Do not use vinegar on stone surfaces!*

*instructions*

Pour ingredients in a 16 ounce spray bottle, shake to combine. Spray and wipe anywhere you see dirt and grime.

## WINDOW + GLASS CLEANER

- 1 ½ cups water
- 1 ½ tablespoons rubbing alcohol
- 1 ¼ tablespoons white vinegar
- 3 drops peppermint essential oil

*instructions*

Pour ingredients in a 16 ounce spray bottle, shake to combine. Spray and wipe window + mirrors to a streak-free shine. Pair this recipe with a micro-fiber or a low-lint cotton cloth and you'll be looking through streak-free windows in no time.

## SOFT CLEANING PASTE

- 1 cup baking soda
- ½ cup washing soda
- 1 teaspoon kosher salt
- 2 tablespoons castile or dish soap
- 10 drops lemon + peppermint essential oils
- ½-¾ cup white vinegar

*instructions*

Combine dry ingredients in a bowl, add soap, essential oils and carefully add vinegar. Mix thoroughly for desired consistency. Scoop out a tablespoon or two and apply with a sponge or scrub brush and scrub away. Rinse thoroughly.


## POWDER SCRUB

- 2 cups baking soda
- 10 drops lemon essential oil

*instructions*

Combine ingredients in a container and mix well. Be sure to store in a sealed container. Wet surface, add a teaspoon or so of castile soap and scrub with scrub brush or sponge. Rinse and repeat as necessary. Can also be used as a carpet and mattress sprinkle (no soap) — just vacuum up!

**DISINFECTING CLEANER**

- 1 ¼ cups water
  - ¼ cup white vinegar
  - ¼ cup vodka or rubbing alcohol
  - 15 drops of your favorite essential oil
-  *Lemon + peppermint is a great essential oil combo for this!*

*instructions*

Pour ingredients in a 16 ounce spray bottle, shake to combine. Spray liberally on surfaces. Let sit for 10 minutes to disinfect, wipe clean. Do not use vinegar on stone surfaces.

**CLEANING BY THE BUCKET**

- 6 cups warm water
- 1 teaspoon castile soap
- 10 drops orange essential oil

*instructions*

Pour ingredients into large bucket, stir to combine. Dip cleaning cloth or sponge in solution. Wipe clean. Use on baseboards, doors and large surface areas such as counters or floors.

**LAVENDER + LEMON FABRIC FRESHENER**

- ½ cup water
- ¼ cup vodka or rubbing alcohol
- 5 drops lavender essential oil
- 5 drops lemon essential oil
- spray bottle

*instructions*

Mix this up in a spray bottle, shake to combine, spray on fabric (pillow, bedding, furniture, carpet) that needs a little freshening up.

**STONE CLEANING SPRAY**

- 2 tablespoons rubbing alcohol
- 1 ½ cups water
- ¼ teaspoon castile or dish soap (if you want your spray to smell like your dish soap, use that)

*instructions*

Mix in spray bottle, spray on surfaces and wipe clean with a soft cleaning cloth. This also makes a great all-purpose spray.



CLEAN MAMA'S  
Blank DIY Recipe Cards

RECIPE TITLE:

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*instructions*

RECIPE TITLE:

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*instructions*




# Quick Clean

## ✦ CHECKLISTS ✦

Have you ever stood in a room that was a mess and didn't know where to start? These checklists are the answer to that. Grab one, follow the directions, and before you know it your room or home will be quick-cleaned the Clean Mama Way.

LOOKING FOR MORE TIPS & TRICKS? VISIT [CLEANMAMA.COM!](https://www.CLEANMAMA.COM)

# Kitchen Appliances Quick Clean

GATHER YOUR SUPPLIES	HOW TO GET STARTED
<ul style="list-style-type: none"><li><input type="radio"/> cleaning cloths — microfiber works great on appliances</li></ul>	<ul style="list-style-type: none"><li><input type="radio"/> Dust off the tops of your appliances and wipe clean.</li><li><input type="radio"/> Vacuum appliance corners and crevices.</li></ul>
<ul style="list-style-type: none"><li><input type="radio"/> dusting wand</li></ul>	<ul style="list-style-type: none"><li><input type="radio"/> Fill your sink with hot, soapy water.</li></ul>
<ul style="list-style-type: none"><li><input type="radio"/> vacuum cleaner</li></ul>	<ul style="list-style-type: none"><li><input type="radio"/> Oven: Start self-clean on your oven or thoroughly spray a non-toxic degreaser in oven and let sit.</li></ul>
<ul style="list-style-type: none"><li><input type="radio"/> cleaners — all-purpose, disinfecting, dish soap, white vinegar</li></ul>	<ul style="list-style-type: none"><li><input type="radio"/> Microwave: remove the glass plate in microwave and place in sink with soapy water. Put a bowl of water and a halved lemon and boil for 3–5 minutes. Let it sit and steam for 15 minutes and wipe clean.</li></ul>
<ul style="list-style-type: none"><li><input type="radio"/> sponges</li></ul>	<ul style="list-style-type: none"><li><input type="radio"/> Refrigerator/freezer: empty appliances and discard expired food. Wash removable shelves and drawers in the soapy sink — wash, rinse, dry. Wipe shelves clean with soapy water and dry. Return food.</li></ul>
<ul style="list-style-type: none"><li><input type="radio"/> sink full of soapy water</li></ul>	<ul style="list-style-type: none"><li><input type="radio"/> Dishwasher: empty and remove racks, spray edges with cleaner or wipe with vinegar. Remove any food or blockages from the bottom. Put 1–2 cups of vinegar in the bottom of the dishwasher and run a normal wash cycle. Wipe edges and seal clean when cycle has completed.</li></ul>
<ul style="list-style-type: none"><li><input type="radio"/> empty container for dirty cloths or paper towels</li></ul>	<ul style="list-style-type: none"><li><input type="radio"/> Appliance fronts: spray and wipe clean</li></ul>
<ul style="list-style-type: none"><li><input type="radio"/> caddy or container to carry supplies from room to room</li></ul>	<p> <i>Repeat as needed!</i></p>

**NOTES:** \_\_\_\_\_

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# CLEAN MAMA'S Kitchen Quick Clean

GATHER YOUR SUPPLIES	HOW TO GET STARTED
<ul style="list-style-type: none"> <li><input type="radio"/> cleaning cloths — microfiber works great</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Clear off counters and all surfaces.</li> </ul>
<ul style="list-style-type: none"> <li><input type="radio"/> dusting wand</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Wash dishes — run the dishwasher or hand wash.</li> <li><input type="radio"/> Dust or vacuum — upper cabinets, light fixtures, displays, etc.</li> </ul>
<ul style="list-style-type: none"> <li><input type="radio"/> vacuum cleaner</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Upper and lower cabinets — use soapy water and a microfiber cloth (well wrung out) and quickly wipe down cabinet fronts.</li> <li><input type="radio"/> Spray and wipe counters or use soapy water and a sponge.</li> </ul>
<ul style="list-style-type: none"> <li><input type="radio"/> cleaners — all-purpose, disinfecting, dish soap, white vinegar</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Spray and wipe kitchen table and chairs.</li> <li><input type="radio"/> Scrub the kitchen sink and faucet and dry with a cloth to prevent spots.</li> </ul>
<ul style="list-style-type: none"> <li><input type="radio"/> sponges + soapy water</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Clean appliance fronts (follow the appliance quick clean checklist for a complete appliance clean-up).</li> </ul>
<ul style="list-style-type: none"> <li><input type="radio"/> magic erasers</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Vacuum floor thoroughly — pay attention to corners and edges.</li> <li><input type="radio"/> Wash floor.</li> </ul>
<ul style="list-style-type: none"> <li><input type="radio"/> empty container for dirty cloths or paper towels</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Put out fresh dish towels.</li> </ul>
<ul style="list-style-type: none"> <li><input type="radio"/> caddy or container to carry supplies from room to room</li> </ul>	<p> <i>Repeat as needed!</i></p>

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# Bedrooms Quick Clean

GATHER YOUR SUPPLIES	HOW TO GET STARTED
<ul style="list-style-type: none"><li>○ cleaning cloths — microfiber works great</li></ul>	<ul style="list-style-type: none"><li>○ First things first, make the bed. If you need to launder the bedding, throw a load in the washer and dryer.</li></ul>
<ul style="list-style-type: none"><li>○ dusting wand</li></ul>	<ul style="list-style-type: none"><li>○ Complete any laundry — get those clothes out of the baskets, hang them up and put them away.</li></ul>
<ul style="list-style-type: none"><li>○ vacuum cleaner</li></ul>	<ul style="list-style-type: none"><li>○ Clear clutter from all surfaces and return to their proper homes. Sort items — keep, toss, donate, put away.</li></ul>
<ul style="list-style-type: none"><li>○ cleaners — all-purpose, dusting, glass + mirror</li></ul>	<ul style="list-style-type: none"><li>○ Dust all surfaces — start at the top and work your way down.</li><li>○ Dust or vacuum light fixtures and lamps. Use a lint roller on fabric lamp shades to get any dust and dirt.</li></ul>
<ul style="list-style-type: none"><li>○ empty container for dirty cloths or paper towels</li></ul>	<ul style="list-style-type: none"><li>○ Dust or vacuum any window treatments if necessary.</li><li>○ Spray and wipe any glass or mirrors.</li></ul>
<ul style="list-style-type: none"><li>○ caddy or container to carry supplies from room to room</li></ul>	<ul style="list-style-type: none"><li>○ Repeat these steps in each bedroom. Once you've done that, go back to the first bedroom.</li><li>○ Vacuum thoroughly, paying special attention to the edges and crevices. Vacuum all bedrooms.</li><li>○ Place dirty cleaning cloths in container.</li></ul> <p> <i>Repeat as needed!</i></p>

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# 15 Minute Bathroom Quick Clean

GATHER YOUR SUPPLIES	HOW TO GET STARTED
<ul style="list-style-type: none"><li>○ cleaning cloths — one for mirrors, one for each toilet, one for each sink, and a couple extras for tubs and showers</li></ul>	<ul style="list-style-type: none"><li>○ Clear off counters and all surfaces.</li><li>○ Spray cloth with glass cleaner and wipe any mirrors clean – keep this cloth handy and reuse in each bathroom.</li><li>○ Spray the sink, toilet, and tub or shower (if you don't use a tub or shower regularly, you don't need to clean it weekly) and quickly spray with your disinfecting cleaner.</li><li>○ Use your preferred toilet cleaner and brush and do a quick clean of your toilet.</li><li>○ Repeat these steps in each bathroom. Once you've done that, go back to the first bathroom.</li><li>○ Wipe the sink, wipe the toilet, and wipe the tub or shower — take care to use a separate cloth or paper towel for each toilet and sink to avoid cross-contamination.</li><li>○ Place dirty cloths in container.</li><li>○ Move on to wiping down the next bathroom and the next until you have quickly wiped down each bathroom.</li><li>○ Change hand and bath towels.</li><li>○ Save the floors for vacuuming and floor washing days.</li></ul> <p> <i>Repeat on Mondays!</i></p>
<ul style="list-style-type: none"><li>○ glass and mirror cleaner</li></ul>	
<ul style="list-style-type: none"><li>○ disinfecting/bathroom cleaner</li></ul>	
<ul style="list-style-type: none"><li>○ toilet cleaner + brush</li></ul>	
<ul style="list-style-type: none"><li>○ empty container for dirty cloths or paper towels</li></ul>	
<ul style="list-style-type: none"><li>○ caddy or container to carry supplies from room to room</li></ul>	

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# Living Spaces Quick Clean

GATHER YOUR SUPPLIES	HOW TO GET STARTED
<ul style="list-style-type: none"><li>○ cleaning cloths — microfiber works great</li></ul>	<ul style="list-style-type: none"><li>○ First things first, straighten any sofas, chairs, pillows and throws.</li></ul>
<ul style="list-style-type: none"><li>○ dusting wand</li></ul>	<ul style="list-style-type: none"><li>○ Clear clutter from all surfaces and return to their proper homes. Sort items — keep, toss, donate, put away.</li></ul>
<ul style="list-style-type: none"><li>○ vacuum cleaner</li></ul>	<ul style="list-style-type: none"><li>○ Dust all surfaces — start at the top and work your way down.</li><li>○ Dust or vacuum light fixtures and lamps. Use a lint roller on fabric lamp shades to get any dust and dirt.</li></ul>
<ul style="list-style-type: none"><li>○ cleaners — all-purpose, dusting, glass + mirror</li></ul>	<ul style="list-style-type: none"><li>○ Dust or vacuum any window treatments if necessary.</li><li>○ Spray and wipe any glass or mirrors. Spot check any windows and clean if necessary.</li></ul>
<ul style="list-style-type: none"><li>○ empty container for dirty cloths or paper towels</li></ul>	<ul style="list-style-type: none"><li>○ Repeat these steps in each living area. Once you've done that, go back to the first living area.</li></ul>
<ul style="list-style-type: none"><li>○ caddy or container to carry supplies from room to room</li></ul>	<ul style="list-style-type: none"><li>○ Vacuum thoroughly, paying special attention to edges and crevices. Vacuum all living areas and wash floors.</li><li>○ Place dirty cleaning cloths in container.</li></ul> <p> <i>Repeat as needed!</i></p>

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# Whole House Quick Clean

GATHER YOUR SUPPLIES	HOW TO GET STARTED
<ul style="list-style-type: none"><li><input type="radio"/> cleaning cloths — microfiber works great</li></ul>	<ul style="list-style-type: none"><li><input type="radio"/> First things first, straighten any sofas, chairs, pillows, and throws.</li></ul>
<ul style="list-style-type: none"><li><input type="radio"/> dusting wand and/or dusting cloth</li></ul>	<ul style="list-style-type: none"><li><input type="radio"/> Make all beds.</li><li><input type="radio"/> Clear clutter from all surfaces and return to their proper homes. Sort items — keep, toss, donate, put away.</li></ul>
<ul style="list-style-type: none"><li><input type="radio"/> vacuum cleaner</li></ul>	<ul style="list-style-type: none"><li><input type="radio"/> Dust all surfaces — start at the top and work your way down.</li></ul>
<ul style="list-style-type: none"><li><input type="radio"/> mop</li></ul>	<ul style="list-style-type: none"><li><input type="radio"/> Spray and wipe all bathroom and kitchen hard surfaces — kitchen table, counters and sinks.</li></ul>
<ul style="list-style-type: none"><li><input type="radio"/> cleaners — all-purpose, dusting, glass + mirror, floor</li></ul>	<ul style="list-style-type: none"><li><input type="radio"/> Spray and wipe any glass or mirrors. Spot check any windows and clean if necessary.</li><li><input type="radio"/> Quickly sweep and vacuum all floors.</li></ul>
<ul style="list-style-type: none"><li><input type="radio"/> empty container for dirty cloths or paper towels</li></ul>	<ul style="list-style-type: none"><li><input type="radio"/> Wash all floors.</li><li><input type="radio"/> Put out fresh kitchen and bathroom towels.</li></ul>
<ul style="list-style-type: none"><li><input type="radio"/> caddy or container to carry supplies from room to room</li></ul>	<ul style="list-style-type: none"><li><input type="radio"/> Place dirty cleaning cloths in container.</li></ul> <p> <i>Repeat as needed!</i></p>

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# Washing Machine Quick Clean

*for top loading washers*

Cleaning your top loading washing machine is simple, all you really need is white vinegar and some cleaning cloths.

Worried that your laundry room will smell like a pickle? Once the rinse cycle runs you won't smell the vinegar.

## HOW TO ADD IT TO YOUR ROUTINE:

If you're adding cleaning your washing machine to your cleaning rotation, clean it monthly or at least every 3 months.

## TOP LOADING INSTRUCTIONS

- Start by setting your washer to its hottest temperature, highest capacity and longest cycle.
- Add four cups of white vinegar to the hot water, close the lid and allow it to agitate for several minutes.
- Open the lid or pause/stop the machine and allow it to sit for an hour so that the vinegar can do its job to get rid of the bacteria, mold and mildew and the hoses of your machine.
- After you have run a complete cycle with the vinegar solution, you can repeat the process if your washing machine is extra dirty. The vinegar does a great job of removing any buildup, not to mention softening any soap scum and other residue that may be in the washer and hoses. Let your machine agitate the solution for several minutes and open the lid.
- While you allow this solution to sit for an hour, it's time to tackle the exterior of the washer as well as the fabric softener and bleach reservoirs. Using soft cleaning cloth, dip it in the vinegar solution and wring it out. Wipe down the exterior, lid and control panel, taking care to not get it too wet. Remove any compartments and wipe down around the area where scum and dirt tends to collect. Rinse your cloth and remove the softener reservoir from the machine and wipe the exterior and interior of it as well. Close the lid and allow the washer to complete its cycle.



### *my number one maintenance tip*

Be sure to leave the door open to prevent moisture build-up in between loads and clean it inside and out every month.

# Washing Machine Quick Clean

*for front loading washers*

Cleaning your front loading washing machine is simple, all you really need is white vinegar and some cleaning cloths.

Worried that your laundry room will smell like a pickle? Once the rinse cycle runs you won't smell the vinegar.

## HOW TO ADD IT TO YOUR ROUTINE:

If you're adding cleaning your washing machine to your cleaning rotation, clean it monthly or at least every 3 months.

## FRONT LOADING INSTRUCTIONS

- Select the hot water setting. If your machine does not have a hot water setting, then select a "white" or a "stain" cycle setting.
- Select the "extra rinse" option if your washer has that choice.
- Add 1 cup of white vinegar to the drum and fill the washing machine.
- Allow the cycle to run until it has completed.
- After you have finished washing the interior of the washer, take a couple minutes to clean the dispensers. These can be easily cleaned by simply removing and washing in warm, soapy water to remove any residue or by wiping them down with white vinegar on a cleaning cloth. Rinse and dry them thoroughly before reinserting them.
- Make sure you wipe down the rubber seal on the door as it is a perfect hiding spot for mold and mildew. Carefully pull back the rubber gasket and inspect to see if you have mold, mildew or socks lurking. Carefully wipe down the area with white vinegar and a soft cleaning cloth. Rinse with a cloth dampened with water and dry thoroughly with a clean cloth to prevent any moisture build-up.
- After cleaning these three zones, you can wipe down the exterior and control panel with a damp cleaning cloth. Maintaining a clean washer and eliminating the stinky laundry issue is simple.



### *my number one maintenance tip*

Be sure to leave the door open to prevent moisture build-up in between loads and clean it inside and out every month.

# Dishwasher Quick Clean

It doesn't necessarily make sense to have to clean an appliance that cleans...

but food particles and minerals can build up in your dishwasher preventing it from cleaning thoroughly. Add cleaning your dishwasher to your cleaning rotation – your dishes will be cleaner and your dishwasher will run more efficiently.

## HOW TO ADD IT TO YOUR ROUTINE:

If you're adding cleaning your dishwasher to your cleaning rotation, clean it monthly or at least every 3 months.

## INSTRUCTIONS

- Start by running the dishwasher and removing any clean dishes. Your dishwasher needs to be empty to clean it.
- Wipe the edges and seal with your favorite all-purpose cleaner or white vinegar and a clean, soft cloth.
- Remove the bottom rack and check for any food particles or blockages. If you see any blockages you can use a toothpick to get them out.
- If you have a filter in your dishwasher remove it and rinse it out with hot water. You can also use a clean toothbrush to give it a little scrub.
- Pour one cup of vinegar in the bottom of the dishwasher. Close the dishwasher and run it on a quick wash, hot, sanitize cycle. This will ensure that your dishwasher is completely clean and that any mineral build-up is washed away.
- When the dishwasher has completed its cycle wipe dry with a soft cloth.



## *clean mama says...*

Cleaning your dishwasher will take about 5 minutes of hands-on cleaning time and as long it takes to run the dishwasher cycle. Try this quick and easy method today!



# Spring Cleaning

## ✦ CHECKLISTS ✦

Spring Cleaning can be done anytime! Use the checklist that best fits your time and energy level and do what you can. It isn't a race, just a method to deep clean your home and to get after some of those neglected areas.

LOOKING FOR MORE TIPS & TRICKS? VISIT [CLEANMAMA.COM!](https://www.cleanmama.com)

## SPRING CLEANING

# Quick Start

### GATHER YOUR SUPPLIES

- caddy to carry supplies
- gloves, sponges + multi-size scrub brushes
- dusting wand and/or cloth
- window squeegee
- lint roller + cleaning cloths
- vacuum cleaner + attachments
- spray bottles + cleaning bucket
- garbage bags
- cleaners — all-purpose, dusting, glass + mirror, disinfecting, powder + soft scrub

### HOW TO GET STARTED

Do a little bit each day until the cleaning is done or power through the list.

- Dust the entire house.
- Clean all light fixtures.
- Vacuum and then wash baseboards.
- Wash doors.
- Clean any handles and knobs.
- Clean vents and change filters.
- Clean window treatments and wash the windows.
- Wash or fluff pillows.
- Wash bedding.
- Rotate + freshen mattresses.
- Clean carpets.
- Clean hard surface floors.
- Deep clean bathrooms.
- Deep clean bedrooms.
- Deep clean kitchen.

 *You got this!*

## SPRING CLEANING

# 60 Minute Spring Clean

Want to spring clean your home but don't have the time? This simple list will show you exactly how to maximize the time you spend and minimize the effort.

 <p><b>1. START IN THE KITCHEN</b> 15 MINUTES</p>	 <p><b>2. MOVE TO THE BATHROOM</b> 15 MINUTES</p>
<ul style="list-style-type: none"><li>○ Empty the sink and dishwasher.</li><li>○ Wipe down kitchen counters with a cloth and soapy water.</li><li>○ Wipe the fronts of your appliances.</li><li>○ Put out a fresh dish towel.</li></ul>	<ul style="list-style-type: none"><li>○ Spray surfaces — sinks, counters, toilets, tubs.</li><li>○ Wipe mirrors.</li><li>○ Scrub toilets.</li><li>○ Wipe surfaces.</li></ul>
 <p><b>3. THEN THE LIVING AREA</b> 15 MINUTES</p>	 <p><b>4. FINALLY THE BEDROOM</b> 10 MINUTES</p>
<ul style="list-style-type: none"><li>○ Put your throws and pillows in the dryer to quickly freshen them up.</li><li>○ Do a quick dust of surfaces with a wand duster.</li><li>○ Quickly vacuum the floors.</li><li>○ Vacuum edges, baseboards, and vents.</li></ul>	<ul style="list-style-type: none"><li>○ Make the bed.</li><li>○ Do a quick dust of surfaces with a wand duster.</li><li>○ Quickly vacuum the floors.</li></ul>
 <p><b>5. WHOLE HOUSE PICK-UP</b> 5 MINUTES</p> <ul style="list-style-type: none"><li>○ Pick up of any noticeable things to toss.</li><li>○ Take out garbage.</li></ul>	<p><b>NOTES:</b> _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

## SPRING CLEANING

# Whole Home Checklist

Take the guesswork out of spring cleaning with this whole home checklist. Complete over the course of a week, month, or anytime you need to do some spring cleaning.

dust edges + corners at the ceiling level		clean laundry room
dust edges + corners at the ground level		wash interior windows
dust or vacuum vents		clean window sills + sashes
vacuum edges of the baseboards		wash exterior windows (if possible)
wash baseboards		launder curtains /drapes + clean blinds
wipe switch-plates		wash bath mats + shower curtains
wipe door knobs		clean + clear bathroom counters
dust light fixtures		clean toilets — tank to floor
dust any ceiling fans		clean bathtubs + showers
clean refrigerator		wash bathroom floors
clean freezer		wash bedding — switch out if necessary
clean oven		rotate + vacuum mattresses
clean microwave		dust all the surfaces in your home
clean dishwasher		vacuum all the floors in your home
clean appliance fronts		wash all hard surface floors in your home
wipe kitchen cupboards		sweep/vacuum garage
wipe kitchen drawers		sweep porch/patio





## SPRING CLEANING

# Room-By-Room

Do you prefer to clean room-by-room? Use these simple checklists to guide your cleaning in each room. Complete at your own pace and check off your progress.

<b>KITCHEN</b> <b>THE MOST USED SPACE</b>	<b>BATHROOMS</b> <b>OFTEN OVERLOOKED</b>
<ul style="list-style-type: none"><li><input type="radio"/> dust above cabinets</li><li><input type="radio"/> clean light fixtures</li><li><input type="radio"/> clean cupboards + cabinets</li><li><input type="radio"/> clean handles + knobs</li><li><input type="radio"/> clean vent / filters</li><li><input type="radio"/> clean stove vent / filter</li><li><input type="radio"/> clean microwave</li><li><input type="radio"/> clean oven + cook top / stove</li><li><input type="radio"/> clean refrigerator + freezer</li><li><input type="radio"/> clean other small appliances</li><li><input type="radio"/> clean / declutter counters</li><li><input type="radio"/> wash counters</li><li><input type="radio"/> launder or vacuum area rugs</li><li><input type="radio"/> vacuum floors + baseboards</li><li><input type="radio"/> wash floors + baseboards</li><li><input type="radio"/> polish furniture</li><li><input type="radio"/> wash windows</li></ul>	<ul style="list-style-type: none"><li><input type="radio"/> dust above cabinets</li><li><input type="radio"/> clean light fixtures</li><li><input type="radio"/> clean cupboards + cabinets</li><li><input type="radio"/> clean handles + knobs</li><li><input type="radio"/> clean bathroom vent</li><li><input type="radio"/> clean / declutter counters</li><li><input type="radio"/> scrub sink</li><li><input type="radio"/> deep clean faucets + fixtures</li><li><input type="radio"/> spray + wipe down all surfaces</li><li><input type="radio"/> scrub bathtub and/or shower</li><li><input type="radio"/> thoroughly clean toilet</li><li><input type="radio"/> launder bath mats / rugs</li><li><input type="radio"/> vacuum floors + baseboards</li><li><input type="radio"/> wash floors + baseboards</li><li><input type="radio"/> wash windows</li><li><input type="radio"/></li><li><input type="radio"/></li></ul>

SPRING CLEANING

Room-By-Room

Do you prefer to clean room-by-room? Use these simple checklists to guide your cleaning in each room. Complete at your own pace and check off your progress.

Table with 2 columns: BEDROOMS MEANT-TO-BE OASIS and LIVING AREAS HANG OUT + RELAX. Each column contains a list of 18 cleaning tasks with radio button checkboxes.

SPRING CLEANING

Room-By-Room

Do you prefer to clean room-by-room? Use these simple checklists to guide your cleaning in each room. Complete at your own pace and check off your progress.

Table with 2 columns: LAUNDRY ROOM (ENJOY DOING LAUNDRY) and ENTRYWAY / MUDROOM (THE ENTRANCE). Each column contains a list of cleaning tasks with radio button options.

