

30 DAY *cleaning challenge*

1. *Clean kitchen countertops and sink*
2. *Wipe down your kitchen cabinets.*
3. *Clean out the fridge and throw out any expired foods.*
4. *Clean the oven and stove top.*
5. *Clean the microwave inside and out.*
6. *Sweep and mop the kitchen floor.*
7. *Clean out medicine closet. Throw out any expired medicine.*
8. *Wipe down bathroom cabinets.*
9. *Scrub tub/shower in bathroom.*
10. *Clean toilet and scrub vanity tops and mirrors*
11. *Wipe down baseboards with a damp cloth.*
12. *Clean under beds. Throw out any trash and vacuum under beds.*
13. *Clean mattress and wash pillows.*
14. *Dust living room furniture and clean under couch.*
15. *Vacuum and wipe down any upholstered furniture.*
16. *Change the furnace filter.*
17. *Clean out floor vents. Vacuum and clean out any debris.*
18. *Wipe down light switches with a damp cloth.*
19. *Vacuum dust from ceiling fans and wipe them down with a damp cloth.*
20. *Clean the windows from the inside.*
21. *Wipe down blinds with a damp cloth.*
22. *Wipe down door knobs with a damp cloth.*
23. *Clean the washing machine inside and out.*
24. *Clean out the dryer, make sure you clean the vent well too.*
25. *Wipe down cabinets in laundry room and mop floor.*
26. *Clean trash from car and sweep it.*
27. *Sweep garage floors*
28. *Clean windows from the outside.*
29. *Sweep off front and back porch.*
30. *Clean and wipe down any patio furniture.*