



30 Day House Cleaning Challenge

Day 1 Checklist – Deep Clean the Kitchen

DAILY TASKS

- | | | |
|---|--|--|
| <input type="checkbox"/> Make Beds | <input type="checkbox"/> A load of laundry | <input type="checkbox"/> Sweep and mop |
| <input type="checkbox"/> Wipe bathroom counters | <input type="checkbox"/> Dust furniture | <input type="checkbox"/> Quick house pick-up |
| <input type="checkbox"/> Swish toilets | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

DAY 1 ACTION PLAN

- | | |
|---|--|
| <input type="checkbox"/> Click 'before' pictures | |
| <input type="checkbox"/> Declutter Kitchen | <input type="checkbox"/> Wash all cleaning rags |
| <input type="checkbox"/> Do the dishes | <input type="checkbox"/> Wash the kitchen sink |
| <input type="checkbox"/> *Deep clean ceiling and walls | <input type="checkbox"/> *Deep clean the floor |
| <input type="checkbox"/> *Deep clean wall decor | <input type="checkbox"/> Deal with the basket items |
| <input type="checkbox"/> *Deep clean all furniture and fixtures | <input type="checkbox"/> _____ |
| <input type="checkbox"/> *Deep clean the windows and doors | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Wipe down surfaces/appliances | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Clean small appliance interiors | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Wipe down counters | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Clean the garbage cans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Click 'after' pictures | |
| <input type="checkbox"/> Reward yourself | |
| <input type="checkbox"/> Share your Day 1 progress with us at the Facebook support group along with the hashtag #HCCday1 | |

NOTE: * represents monthly tasks