



30 Day House Cleaning Challenge

Day 22 Checklist – Deep clean kitchen shelves & racks

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 22 ACTION PLAN

- | | |
|---|---|
| <input type="checkbox"/> Click 'before' pictures | |
| <input type="checkbox"/> Declutter Kitchen | <input type="checkbox"/> Sweep/vacuum and mop floors |
| <input type="checkbox"/> Do the dishes | <input type="checkbox"/> Deal with the basket items |
| <input type="checkbox"/> Dust furniture | <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"/> *Deep Clean kitchen Cabinets | <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"/> Wash all cleaning rags | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Wash the kitchen sink | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Click 'after' pictures | |
| <input type="checkbox"/> Reward yourself | |
| <input type="checkbox"/> Share your Day 22 progress with us at the Facebook support group along with the hashtag #HCCday22 | |

NOTE: * represents monthly tasks