



30 Day House Cleaning Challenge

Day 4 Checklist – Deep Clean the Bedroom

DAILY TASKS

- | | | |
|---|---|--|
| <input type="checkbox"/> Make Beds | <input type="checkbox"/> wipe kitchen counters | <input type="checkbox"/> Dust furniture |
| <input type="checkbox"/> Wipe bathroom counters | <input type="checkbox"/> Do the dishes | <input type="checkbox"/> Quick house pick-up |
| <input type="checkbox"/> Swish toilets | <input type="checkbox"/> Wipe down sink | <input type="checkbox"/> Sweep and mop |
| <input type="checkbox"/> One load of laundry | <i>(Bedroom tasks are included in the Day 3 action plan)</i> | |

DAY 4 ACTION PLAN

- | | |
|---|--|
| <input type="checkbox"/> Click 'before' pictures | |
| <input type="checkbox"/> Declutter | <input type="checkbox"/> *Deep Clean the floor |
| <input type="checkbox"/> *Deep Clean Walls and Ceiling | <input type="checkbox"/> *Put on fresh curtains |
| <input type="checkbox"/> *Deep Clean doors windows | <input type="checkbox"/> _____ |
| <input type="checkbox"/> *Deep Clean all fixtures etc. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Vacuum mattress | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Wipe down surfaces | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Neaten shelves, tables | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Arrange furniture | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Put on fresh linen | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Click 'after' pictures | |
| <input type="checkbox"/> Reward yourself _____ | |
| <input type="checkbox"/> Share your Day 4 progress with us at the Facebook support group along with the hashtag #HCCday4 | |

NOTE: * represents monthly tasks