



# 30 Day House Cleaning Challenge

## Day 8 Checklist – Deep Clean the Fridge & Microwave

### 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 8 ACTION PLAN

- |   |   |
|---|---|
| <input type="checkbox"/> Click 'before' pictures  |   |
| <input type="checkbox"/> <b>Declutter Kitchen</b>   | <input type="checkbox"/> <b>*Deep clean kitchen sink</b>    |
| <input type="checkbox"/> <b>Do the dishes</b>   | <input type="checkbox"/> <b>Sweep/vacuum and mop floors</b> |
| <input type="checkbox"/> <b>Dust furniture</b>  | <input type="checkbox"/> <b>Deal with the basket items</b>  |
| <input type="checkbox"/> <b>Wipe down appliances</b>  | <input type="checkbox"/> _____                              |
| <input type="checkbox"/> <b>Clean small appliance interiors</b>   | <input type="checkbox"/> _____                              |
| <input type="checkbox"/> <b>*Deep clean microwave</b>   | <input type="checkbox"/> _____                              |
| <input type="checkbox"/> <b>*Deep clean fridge</b>  | <input type="checkbox"/> _____                              |
| <input type="checkbox"/> <b>*Deep clean surfaces &amp; counters</b>   | <input type="checkbox"/> _____                              |
| <input type="checkbox"/> <b>Wash all cleaning rags</b>  | <input type="checkbox"/> _____                              |
| <input type="checkbox"/> <b>Clean the garbage cans</b>  | <input type="checkbox"/> _____                              |
| <input type="checkbox"/> Click 'after' pictures   |   |
| <input type="checkbox"/> Reward yourself  |   |
| <input type="checkbox"/> Share your Day 8 progress with us at the <a href="#">Facebook support group</a> along with the hashtag <b>#HCCday8</b> |   |

NOTE: \* represents monthly tasks