
THE CHECKLIST

SPRING CLEANING

Embrace this renewing, almost meditative seasonal ritual this year, welcoming the sense of accomplishment as you cross off items on the checklist.

the kitchen

- ☐ ORGANIZE, DECLUTTER PANTRY
- ☐ DONATE UNUSED CANNED ITEMS
- ☐ EMPTY & WIPE DOWN FRIDGE
- ☐ ORGANIZE, DECLUTTER FRIDGE
- ☐ SANITIZE CUTTING BOARDS
- ☐ DEEP CLEAN STOVETOP & EYES
- ☐ DEEP CLEAN OVEN
- ☐ WIPE DOWN SMALL APPLIANCES
- ☐ PULL OUT FRIDGE, CLEAN BEHIND
- ☐ CLEAN COFFEE MACHINES BY RUNNING WHITE VINEGAR & HOT WATER THROUGH SEVERAL TIMES

the office

- ☐ WIPE COMPUTER & ELECTRONICS
- ☐ SHRED OLD DOCUMENTS, FILES
- ☐ PURGE OLD BOOKS, NOTEBOOKS

the laundry room

- ☐ CLEAN AROUND MACHINES
- ☐ CLEAR OUT DRYER VENT
- ☐ ORGANIZE, STORE DETERGENTS

the bedrooms

- ☐ VACUUM & FLIP/ROTATE MATTRESS
- ☐ PURGE UNWANTED CLOTHING
- ☐ DONATE CLUTTERED ITEMS
- ☐ WASH AND/OR REPLACE BEDDING
- ☐ CLEAN BEDFRAME, UNDER BED

the bathrooms

- ☐ CLEAR CLOGGED, SLOW DRAINS
- ☐ PURGE EXPIRED PRODUCTS
- ☐ ORGANIZE DRAWERS, CABINETS
- ☐ DEEP CLEAN BATHTUB, SHOWER
- ☐ SCRUB TOILET; INSIDE, BEHIND
- ☐ SANITIZE SOAP DISH, TOOTHBRUSH HOLDER, ETC.

the entire house

- ☐ WIPE DOWN BASEBOARDS
- ☐ POLISH WOOD FURNITURE
- ☐ DUST MOLDING, FANS, ETC.
- ☐ WIPE BLINDS, VACUUM CURTAINS
- ☐ CLEAN AIR VENTS
- ☐ SHAKE OUT RUGS, VACUUM
- ☐ THOROUGHLY WASH TRASHCANS