



## KITCHEN

- Wipe down cabinets and knobs
- Wipe down doors and doorknobs
- Wipe out drawers and inside of cabinets
- Discard old spices and expired foods
- Organize pantry space
- Wipe down outside of fridge
- Clean inside of fridge and freezer
- Clean under appliances
- Clean oven and microwave
- Clean windows
- Clean disposal
- Clean oven/cooktop
- Scrub floor and baseboards
- Check fire extinguisher
- Organize supplement cabinet and reorder Beeyoutiful products

## BATHROOMS

- Give all fixtures a good scrub: sink, tub, toilet
- Check that drains are clear and faucets aren't leaky
- Wash windows, mirrors, and shower doors
- Launder shower curtain and liner
- Organize and discard all hygiene and beauty items that are expired
- Give away any linens not used anymore
- Update all cleaning supplies (throw away anything toxic that snuck in!)
- Scrub floor and baseboards

## LAUNDRY ROOM

- Clean out the dryer
- Clean underneath the dryer and washer
- Update all detergents and supplies
- Order Essential Oils needed for laundry

## BEDROOMS

- Clean ceiling fan
- Wash all bedding (don't forget pillow covers, mattress pads, and comforters!)
- Vacuum and rotate mattress
- Clean under furniture and bed
- Discard old pillows (or let sit in sun to air out)
- Wash windows and mirrors
- Swap out seasonal clothes and give away anything you don't love
- Give away anything not used
- Scrub or vacuum floor and baseboards

## GENERAL

- Start at the top: dust ceiling fans, molding, and picture frames
- Clean fireplace and mantel
- Clean walls of scuff marks
- Dust all hard furniture
- Vacuum upholstered furniture
- Vacuum underneath all furniture
- Repair any furniture damage
- Wash slipcovers and air out throw pillows
- Clean all windows and windowsills
- Change lightbulbs and dust lampshades
- Check all safety devices for batteries (smoke and carbon monoxide detectors, flashlights, etc.)
- Change air filter
- Clean flooring
- Donate any items not used anymore from each room
- Keep those diffusers going!
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_