

KITCHEN

- Refrigerator: Wash Outside and Inside, Check dates on condiments
- Oven: Wash Outside and Inside (try baking soda and vinegar)
- Microwave: Wash Outside and Inside
- Vacuum out crumbs from silverware drawer
- Wipe out and bleach the trash can
- Clean the table crevices

MICROWAVE-CLEANING PRO TIP:

Heat water, vinegar, and lemon for 2-3 minutes. Before opening, let sit 15 minutes, then wipe interior.

Incentive Ideas

Fresh flowers
Shelf liner for space under sink
Pretty hand soap

BATHROOM

- Deep clean bathtub/shower: walls, grout, tub
- Take down and wash shower curtain liner with bleach in washing machine, hang dry
- Wash shower curtain
- Mop/wipe floors
- Wash toothbrush holder, bathroom drinking cups

BATHROOM PRO TIP:

Store plastic bags in each bathroom to facilitate and encourage trash removal.

Incentive Ideas

Body scrub
Fresh loofa
Bath salts
Candle

BEDROOM

- Closet: sort clothes, pull out things that don't fit, cull things/shoes you never wear
- Wash pillows, bedding, Mattress pad, and pillow covers, dry with tennis balls to fluff
- Mend things that need mending
- Vacuum under bed

DE-CLUTTERING PRO TIP:

Release guilt and be gentle with yourself.

Incentive Ideas

Hand lotion
Throw pillow
Old-school bedside clock

GENERAL

- Change smoke detector/carbon monoxide detector batteries
- Dust hard-to reach places. Ex: ceiling fans, chandeliers, blinds
- Paper clutter: File bills, read the magazines you have meaning to read and get rid of surplus
- Clean, freshen entry way
- Wash handrails and doorknobs
- Clean window treatments
- Wash windows
- Vacuum attention: cut off hair, clean out air filter
- Take donation pile to charity

PRO TIP:

Dust on a sunny day so you can see the cobwebs and dust. Wash windows when it is cloudy so the solution does not dry before you are finished washing.

Incentive Ideas

New door mat
Candle
Paper organizer
Basket
Bin
Wall hook

