

9 Day Deep Clean Checklist

Day 1, The Kitchen

- Clean Fridge & Freezer:**
Remove everything and clean all stains and spills. Throw out old & freezer burned food.
- Clean ceiling fan:** de-grease fan blades, and clean light globes
- Clean out cupboards:** Remove all food, storage containers, appliances, etc. Donate what you don't use, trash items that are broken or expired, and reorganize what is kept.
- Clean Stove & Oven:** de-grease hood, deep clean stove top, deep clean burners, etc.
- Deep Clean Cabinets & Shelves:** remove grease, finger prints, clean tops and grooves.
- Deep Clean Sink:** scrub and de-grease the sink, remove water stains, finger prints, etc. Get into the cracks where the real dirt hides.
- Wash the Windows, Blinds/ Curtains & Window Sills**
- Dust and wipe down walls.**

- Deep clean counter tops:** scrub and disinfect counters and back splashes.
- Deep clean the microwave,** inside and out
- Clean Kitchen Table:** Remove junk, organize and put away important papers, remove the random items that land on the table
- Deep clean small appliances:** Coffee pot, crock pot, tea pots, steamer, juicer, etc.
- De-Clog Sinks:** Use Hot Vinegar to clean the sink pipes and prevent serious clogs.
- Wash pet food and water bowls**
- Sweep, Vacuum & Steam/ Mop the Floor.** Don't forget to clean the molding and bottoms of the cabinets.
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Cleaning Tip:

Clean from the top to the bottom saving your floors for last. This way you will not be dropping additional dirt and debris, forcing you to clean twice or more!

9 Day Deep Clean Checklist

Day 2, The Bathrooms

- Dust the ceilings, light fixtures, walls, and exhaust vents.
- Dust top of showers, cabinets, and surfaces.
- Clean the tub & shower, remove all items and clean mold, mildew, lime & hard water stains
- Clean grout: Get into the hard to reach spaces with an old tooth brush
- Clean the toilets. Inside and out.
- Clean out & reorganize cabinets. Toss expired and old makeup, styling products, lotions, facial creams, toners, cleansers, etc.
- Clean wall fixtures, wall décor, etc.
- Clean sinks: deep clean the sink & shine the faucets.
- Clean the mirror and get in the cracks of the mirror frame.

- Clean the Windows, Blinds/ Curtains & Window Sills
- De-Clog Sinks: Use Hot Vinegar to clean the sink pipes and prevent serious clogs.
- Wash floor rugs
- Wash towels
- Wash shower curtains & clean/replace the inner plastic curtain.
- Refresh potpourri/diffusers
- Sweep, vacuum, steam/mop the floor. Pay close attention to the areas around the sinks, tub & toilets.
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Cleaning Tip:

Vinegar and Baking Soda are great cleansers & stain removers. Vinegar kills mold and mildew, while baking soda scrubs and shines.

9 Day Deep Clean Checklist

Day 3, The Bedrooms

- De-Clutter: Clean out all the junk that accumulates. Get rid of trash and items that can be donated from the closet to the dresser
- Remove and wash bedding, all bedding, including pillows
- Separate and Store seasonal clothing and accessories.
- Place items that will not be used until next season in plastic bins and place them in another location where they are out of the way and yet easily found when needed.
- Dust all surfaces: remove nick-knacks & display pieces. Don't forget to dust the lamps, tops of shelves, frames, molding, etc.
- Vacuum molding, linens, carpet, & rugs.

- Re-organize shelves, drawers & closet spaces. Things that are kept should be kept neatly in storage bins, on shelves and in drawers so they are easily found when needed.
- Clean under the bed
- Wash Windows, Mirrors, Blinds/Curtains & Sills
- Deep Clean mattresses: Use a mix of baking soda and vinegar to deep clean the mattress. Steaming is also a very good option.
- Refresh potpourri and diffusers use to fragrance the room
- Wash pet beds and blankets
- Sweep, vacuum, steam/mop the floor.

Cleaning Tip:

Steam clean your mattress when ever possible. This will not only refresh it, but will ensure your home and sleeping area remain pest free.

9 Day Deep Clean Checklist

Day 4,

Living/Family Room

- De-Clutter: remove clutter from shelves, the mantel & cabinets.
- Donate or trash anything that goes unused or is in disrepair.
- Put away toys, books & games. Place items where they belong, or donate items that are usually unused.
- Dust surfaces: Walls, window sills, shelves, cabinets, nick-knacks, mini blinds, candle holders, lamp shades, etc.
- Wash or Steam curtains, linens, blankets & rugs.
- Deep clean the couch: Vacuum and steam clean the couch. This is important if you have pets.
- Reorganize shelves, cabinets, mantel, etc.

- Vacuum, Wash or Steam curtains, molding, linens, & carpet.
- Wash Windows, Mirrors, & Window Sills
- Move furniture and clean underneath.
- Refresh Potpourri and diffusers that scent the room
- Clean up and store seasonal decorations
- Sweep, vacuum, steam/mop the floor.
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Cleaning Tip:

Using steam to clean is a great, chemical-free way to get your home clean, without triggering allergies and/or asthma symptoms. Steam can effectively kill microbes and common pests, like fleas.

9 Day Deep Clean Checklist

Day 5,

The Dining Room

- De-Clutter: Clean out all the junk and misc. items that accumulate.
- Put away mail, books & games. Place items where they belong, or donate items that are usually unused.
- Dust walls, window sills, shelves, cabinets, mini blinds, candle holders, lamp shades, light fixtures, etc.
- Wash or Steam curtains, linens, & rugs.
- Wax and/or polish wood surfaces with a wood cleaner.
- Reorganize shelves, cabinets, the hutch, mantel, etc.
- Wash Windows, Mirrors, & Window Sills

- Move furniture and clean underneath.
- Refresh Potpourri and diffusers that scent the room
- Clean up and store seasonal decorations
- Polish and Shine silver items like candle sticks and utensils.
- Deep Clean the Carpet and/or Area Rugs
- Sweep, vacuum, steam/mop the floor.
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Cleaning Tip:

Regularly cleaning the areas where you and your family most often congregate is beneficial and satisfying.

9 Day Deep Clean Checklist

Day 6, The Basement

- De-Clutter: Clean out all the junk that accumulates.
- Put away items to be stored, books & games. Place items where they belong, or donate items that go unused.
- Dust walls, window sills, shelves, cabinets, mini blinds, light fixtures, etc.
- Wash or Steam curtains & blinds
- Reorganize shelves & cabinets
- Vacuum, Wash or Steam curtains, molding, linens, & carpet/rugs.
- Wash Windows, Mirrors, & Window Sills
- Move furniture and clean underneath.

- Clean up and store seasonal decorations
- Re-organize shelves, and storage bins. Things that are kept should be kept neatly stored on shelves, in plastic bin, and in drawers so they are easily found when needed.
- Donate items that you never used and trash items that should be trashed.
- Sweep, vacuum, steam/mop the floor.
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Cleaning Tip:

Keeping the areas of your home that are not regularly visited clean and organized is a good way to keep away pests that like to hide.

9 Day Deep Clean Checklist

Day 7, The Attic

- De-Clutter: Clean out all the junk that accumulates.
- Clean up and store seasonal decorations
- Put away items to be stored, like decorations, books & games.
- Dust walls, window sills, shelves, cabinets, mini blinds, light fixtures, etc.
- Vacuum, Wash or Steam curtains, molding, linens, & rugs.
- Deep Clean the Carpet and/or Area Rugs
- Wash Windows, Mirrors, & Window Sills
- Move furniture and clean underneath.

- Re-organize shelves, cabinets & bins. Things that are stored should be kept neatly in storage bins, on shelves and in drawers so they are easily found when needed.
- Donate items that you never used and trash items that should be trashed.
- Sweep, vacuum, steam/mop the floor.
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Cleaning Tip:

Some times attics can get very hot in the summer, and very cold in the winter. This is something to keep in mind when storing items like candles.

9 Day Deep Clean Checklist

Day 8, Office/Craft Room

- De-Clutter: Clean out all the junk that accumulates.
- Put away items to be stored, books & games. Place items where they belong, or donate items that go unused.
- Dust walls, window sills, shelves, cabinets, mini blinds, light fixtures, etc.
- Vacuum, Wash or Steam curtains, molding, linens, & rugs.
- Deep Clean the carpet and/or area Rugs
- Wash Windows, Mirrors, & Window Sills
- Move furniture and clean underneath.

- Re-organize shelves & cabinets. Things that are stored should be kept neatly in storage bins, on shelves and in drawers so they are easily found when needed.
- Clean your electronics: vacuum the cooling vents to your computer & printer, use rubbing alcohol to clean screens and dust.
- Sweep, vacuum, steam/mop the floor.
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Cleaning Tip:

This is a great time to get your computer checked out by a professional. Regularly schedule maintenance on your computer will help it run faster and perform better.

9 Day Deep Clean Checklist

Day 9, Mud Room, Hallways, Walkways & High Traffic Areas

- De-Clutter: Clean out all the junk that accumulates.
- Put away items to be stored, i.e. mail, books, coats, scarves, etc. Place items where they belong.
- Vacuum & dust walls, window sills, shelves, cabinets, mini blinds, light fixtures, etc.
- Vacuum, Wash or Steam curtains, molding, linens, sills, other surfaces, & carpet/rugs.
- Deep Clean the Carpet and/or Area Rugs
- Move furniture and clean underneath.
- Clean up and store seasonal decorations

- Reorganize shelves & cabinets
- Wash Windows, pictures, frames, mirrors, & window sills
- Wash and hang coats, scarves and hats
- Donate items that you never used and trash items that should be trashed.
- Sweep, vacuum, steam/mop the floor.
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Cleaning Tip:

Use decorative boxes, hallowed out books, and decorative bins to store items in plain sight.