

KITCHEN CLEANING CHECKLIST



DISHES

- Empty and refill the dishwasher, as needed
- Wash any dishes in the sink and put away
- Wipe down sink
- Wipe down and shine the faucet using a dry cloth
- **Monthly:** clean the dishwasher (if you don't have a self-cleaning model)

COUNTERS

- Tidy the counters by putting anything away that was left out.
- Wipe down the counters and cabinets using naturally it's clean Multi-Surface Cleaner Appliances
- Wipe down appliance fronts using naturally it's clean Multi-Surface Cleaner or Glass & Stainless cleaner, depending on the type of appliances you own
- **Weekly:** empty and clean refrigerator - throw out spoilt food and clean up any spills (I use this time to also make a grocery list and brainstorm meal ideas to use up any items that need to be used soon)
- **Monthly:** wipe down inside of oven, replace drip trays and burner liners (if using)

DAILY

- Remove items that belong in other rooms using laundry basket system
- Vacuum or sweep
- Empty garbage, compost and recycling bins
- Disinfect door handles, light switches, other commonly touched items
- **Or Weekly:** Mop using naturally it's clean Floors concentrate (diluted according to the bottle directions)

WEEKLY

- Clean kitchen disposal
- Wipe down small appliances, such as the microwave, toaster (that crumb tray), coffee maker, etc.
- Disinfect trash can

MONTHLY

- Clean windows
- Dust blinds, curtains, fan blades, shelves (when cleaning the shelves, this is a great time to check out expiration dates and ensure that you use up items that need to be)
- Clean walls, as needed, including tile grout and baseboards
- A couple times a year I will move the stove and fridge to clean under them and clean refrigerator coils.

BATHROOM CLEANING CHECKLIST



DAILY

- Clear off all surfaces, putting items away
- Replace hand towels with fresh ones
- Clean surfaces - bath, shower, sink, door handles, light switches- using naturally it's clean Multi-Surface Cleaner
- Clean and scrub toilet using naturally it's clean Toilet cleaner (be sure to clean the outside of the toilet, too, not just the bowl and seat)
- Clean the mirror using naturally it's clean Glass & Stainless cleaner (you may only need to do this weekly)
- Wipe down and shine the faucet using a dry cloth
- Empty wastebaskets
- Vacuum
- Mop, if needed
- Remove items that belong in other rooms using laundry basket system

WEEKLY

- Mop using naturally it's clean Floors Concentrate
- Scrub down bath, shower, sink using naturally it's clean Mildew Stain Remover.
- Remove and wipe down all containers in the bathtub and shower area
- Wipe down cabinet fronts with naturally it's clean Multi-Surface Cleaner
- Clean any bathroom mats/rugs
- Disinfect waste baskets

MONTHLY

- Clean windows using naturally it's clean Glass & Stainless cleaner
- Dust blinds, curtains, fan blades, shelves, medicine cabinet (dispose of any expired products and make a list of items to replace)
- Clean walls, as needed, including tile grout and baseboards

LIVING ROOM CLEANING CHECKLIST



Also use this checklist for other common rooms.

DAILY

- Clear off all surfaces, putting items away
- Wipe down coffee and end tables with naturally it's clean Multi-Surface Cleaner
- Treat any carpet or furniture stains with naturally it's clean Carpet Stains & Odors cleaner
- Remove items that belong in other rooms using laundry basket system
- Vacuum floors

WEEKLY

- Dust surfaces, electronics, decorative pieces, photographs, blinds, curtains, lamps, etc.
- Move furniture to vacuum underneath
- Organize items Wash throw blankets, as needed
- Disinfect toys, door handles, light switches, other commonly touched items
- Mop or polish floor using naturally it's clean Floors Concentrate (if needed)

MONTHLY

- Vacuum furniture
- Clean windows using naturally it's clean Glass & Stainless cleaner
- Mop or polish floor using naturally it's clean Floors Concentrate (if needed)
- Clean walls, as needed, including door frames and baseboards
- Remove covers from throw pillows (etc) and wash

BEDROOM CLEANING CHECKLIST



DAILY

- Make beds, if that's your thing
- Clear off all surfaces, putting items away
- Remove items that belong in other rooms using laundry basket system
- Vacuum floors

WEEKLY

- Change bed sheets, treat stains with naturally it's clean Laundry Stain Remover
- Dust surfaces, electronics, decorative pieces, photographs, blinds, curtains, lamps, etc.
- Vacuum underneath beds and other bedroom furniture
- Disinfect toys, door handles, light switches, other commonly touched items
- Organize items
- Mop or polish floor using naturally it's clean Floors Concentrate (if needed)

MONTHLY

- Vacuum furniture
- Clean windows using naturally it's clean Glass & Stainless cleaner
- Mop or polish floor using naturally it's clean Floors Concentrate (if needed)
- Clean walls, as needed, including door frames and baseboards
- Remove covers from throw pillows (etc) and wash
- Replace or refresh drawer and closet fresheners
- Wash or air out pillows or mattress pads (hanging on a clothes line outside is great for airing out)

LAUNDRY ROOM CLEANING CHECKLIST



DAILY

- At least one load of laundry, from start to finish (you may need to do more based on your family's lifestyle and size)
- Remove dryer lint
- Clear off all surfaces, putting items away
- Remove items that belong in other rooms using laundry basket system
- Vacuum, as needed

WEEKLY

- Wipe off/dust all surfaces, disinfecting with naturally it's clean Multi-Surface Cleaner, as needed
- Organize items
- Mop or polish floor using naturally it's clean Floors Concentrate (if needed)
- Empty trash

MONTHLY

- Clean windows using naturally it's clean Glass & Stainless cleaner
- Mop or polish floor using naturally it's clean Floors Concentrate (if needed)
- Clean walls, as needed, including door frames, cabinets and baseboards
- Wash dryer lint trap to remove film
- Wipe down washing machine, dryer, laundry sink with naturally it's clean Multi-Surface Cleaner
- Bi-monthly or once a quarter: deep clean the washing machine

OFFICE/HOBBY ROOM CLEANING CHECKLIST



DAILY

- Clear off all surfaces, putting items away - for on-going projects, group the items together in one central spot or on a craft tray
- Wipe down tables with naturally it's clean Multi-Surface Cleaner
- Treat any carpet or furniture stains with naturally it's clean Carpet Stains & Odors cleaner
- Remove items that belong in other rooms using laundry basket system
- Vacuum floors If it's an office, organize items daily
- Empty trash

WEEKLY

- Dust surfaces, electronics, decorative pieces, photographs, blinds, curtains, lamps, etc.
- Move furniture to vacuum underneath
- Organize items
- Disinfect door handles, light switches, computer keyboards, other commonly touched items
- Mop or polish floor using naturally it's clean Floors Concentrate (if needed)

MONTHLY

- Vacuum furniture
- Clean windows using naturally it's clean Glass & Stainless cleaner
- Mop or polish floor using naturally it's clean Floors Concentrate (if needed)
- Clean walls, as needed, including door frames and baseboards
- Remove covers from throw pillows (etc) and wash