

Monthly Cleaning Checklist

The deeper jobs your weekly routine misses - split into one focused zone per week, so the whole house gets a proper refresh every month without a single exhausting day.

How to use it: Pick one zone each week and work through its card in 45-90 minutes. Tick each box as you go. Finish with the Every-Month Essentials on page 2, then mark the month off on the tracker.

Week 1 - Kitchen

DEEP CLEAN AND DECLUTTER

- [ ] Empty the fridge, toss expired food, wipe shelves
- [ ] Clean inside the oven and microwave
- [ ] Degrease the range hood and filter
- [ ] Wipe cabinet fronts and clean inside one drawer set
- [ ] Descale the kettle and coffee maker
- [ ] Wipe small appliances - toaster, blender, air fryer
- [ ] Clean the sink, tap and garbage disposal

Week 2 - Bathrooms

SCRUB, DESCALE AND RESTOCK

- [ ] Scrub grout and treat any mold on caulk
- [ ] Descale the showerhead and taps
- [ ] Wash or replace the shower curtain or liner
- [ ] Clean inside cabinets and toss expired products
- [ ] Wash bath mats, hand towels and makeup brushes
- [ ] Scrub the toilet base, seat hinges and flush handle
- [ ] Clean mirrors, light fixtures and the exhaust fan cover

Week 3 - Bedrooms

FRESH BEDDING AND CLOSETS

- [ ] Wash pillows, duvet or comforter and mattress protector
- [ ] Vacuum and rotate or flip the mattress
- [ ] Dust ceiling fan blades, lights and skirting boards
- [ ] Sort one closet or drawer - donate what you do not wear
- [ ] Wipe wardrobe doors, mirrors and handles
- [ ] Vacuum under beds and behind nightstands
- [ ] Wash or air curtains and clean window tracks

Week 4 - Living Areas

FLOORS, WINDOWS AND DETAILS

- [ ] Wash windows inside and clean tracks and screens
- [ ] Dust blinds, shelves, picture frames and electronics
- [ ] Vacuum sofas and cushions, spot-clean upholstery
- [ ] Clean rugs - shake, vacuum both sides, spot-treat stains
- [ ] Wipe doors, handles, light switches and remotes
- [ ] Clean entryway - shoe rack, doormat and coat hooks
- [ ] Mop hard floors, including corners and under furniture

Every-Month Essentials

These jobs do not belong to one room. Add them to whichever week is lightest, and do not skip the safety checks - they take five minutes and prevent expensive problems.

Appliances and Filters

- [ ] Run a cleaning cycle on the washing machine
- [ ] Clean the dishwasher filter and run an empty hot cycle
- [ ] Vacuum refrigerator coils if accessible
- [ ] Replace or wash range hood and vacuum filters
- [ ] Check and replace water filter if due
- [ ] Empty and wash the vacuum bin or change the bag

Safety and Home Checks

- [ ] Test smoke and carbon monoxide alarms
- [ ] Check for leaks under sinks and around toilets
- [ ] Look for mold or damp in corners and cupboards
- [ ] Top up batteries, bulbs and cleaning supplies
- [ ] Check pantry for expired food and pests
- [ ] Take out recycling, e-waste and donation bags

Your 12-Month Tracker

Tick a box each time you complete the full monthly round. Missed a month? Just start again with Week 1 - the rotation still works.

Month	Wk 1 Kitchen	Wk 2 Bathroom	Wk 3 Bedroom	Wk 4 Living	Essentials
January	☐	☐	☐	☐	☐
February	☐	☐	☐	☐	☐
March	☐	☐	☐	☐	☐
April	☐	☐	☐	☐	☐
May	☐	☐	☐	☐	☐
June	☐	☐	☐	☐	☐
July	☐	☐	☐	☐	☐
August	☐	☐	☐	☐	☐
September	☐	☐	☐	☐	☐
October	☐	☐	☐	☐	☐
November	☐	☐	☐	☐	☐
December	☐	☐	☐	☐	☐

Supplies to Keep Stocked

All-purpose cleaner - Bathroom descaler - Glass cleaner - Degreaser - Baking soda and white vinegar - Microfiber cloths - Scrub brush and old toothbrush - Trash bags and replacement filters

Notes for Next Month

Jot down stains to treat, supplies to buy, or a repair you spotted while cleaning.