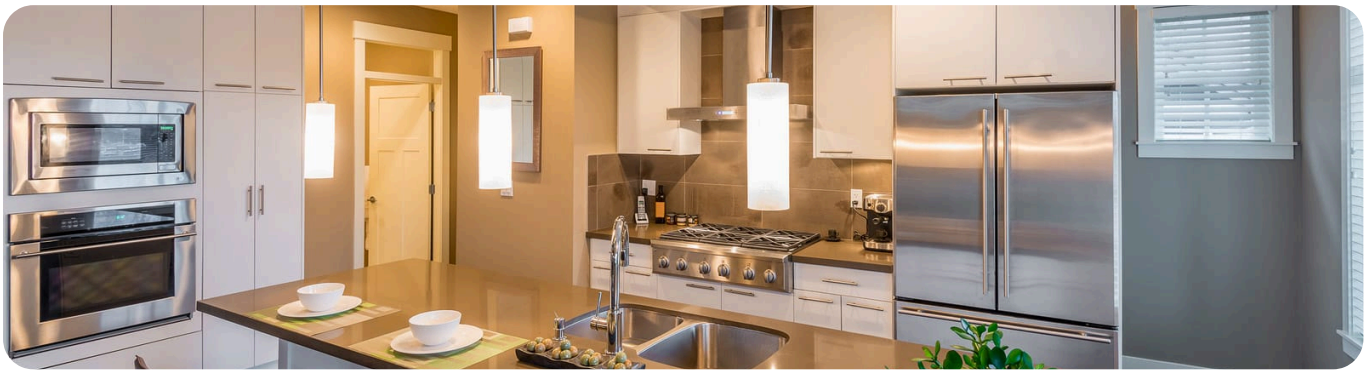
PRINTABLE CHECKLIST • CLEAN ROOM BY ROOM

Room-by-Room Cleaning Checklist

One room at a time, top to bottom, until the whole house is done. Print it, pin it up, and tick each box as you go - a finished room always beats a half-finished house.



1. Start at the top
Dust ceilings, lights and shelves first, so dirt falls to floors you have not cleaned yet.

2. Clear, then clean
Put everything back in its place before you wipe, scrub or vacuum a single surface.

3. Floors last
Vacuum or sweep, then mop. Close the door and move on to the next room.

K Kitchen

Degrease, disinfect, and leave the sink empty and shining.

- [ ] Clear counters and put food away
- [ ] Wipe counters and backsplash
- [ ] Clean stove top and range hood
- [ ] Wipe microwave inside and out
- [ ] Scrub and disinfect the sink
- [ ] Wipe fridge, oven and dishwasher fronts
- [ ] Throw out expired fridge items
- [ ] Wipe cabinet doors and handles
- [ ] Empty bin, replace the liner
- [ ] Sweep, then mop the floor

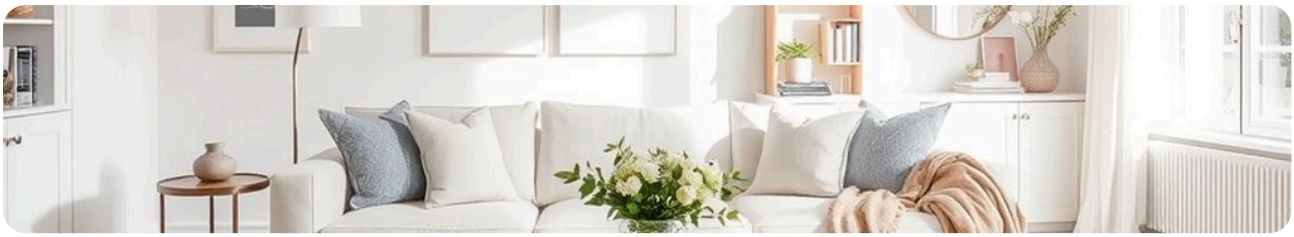
B Bathroom

Disinfect the wet and high-touch areas, then polish until it sparkles.

- [ ] Clear counters and sort toiletries
- [ ] Spray shower, tub and tiles; scrub
- [ ] Clean grout and showerhead
- [ ] Scrub toilet inside, seat and base
- [ ] Clean basin, taps and mirror
- [ ] Wipe switches, handles and door
- [ ] Replace towels and bath mat
- [ ] Refill soap, paper and supplies
- [ ] Empty the bin
- [ ] Mop the floor, corners included

L Living Room

Dust high to low, refresh the sofa, and reset everything to its place.



- [ ] Dust ceiling fan, lights and corners
- [ ] Dust shelves, TV stand and frames
- [ ] Wipe TV screen and remotes
- [ ] Vacuum sofa; wash throws and cushions
- [ ] Straighten books and magazines
- [ ] Wipe coffee and side tables
- [ ] Clean mirrors and glass
- [ ] Vacuum rug and under furniture
- [ ] Mop hard floors
- [ ] Open windows for fresh air

D Dining Room

A clear table and clean chairs make the room ready for the next meal.

- [ ] Clear the table completely
- [ ] Wipe table top and polish if wood
- [ ] Wipe chairs, legs and highchairs
- [ ] Dust sideboard and light fitting
- [ ] Clean placemats and centrepiece
- [ ] Vacuum or mop under the table

B Bedrooms

Fresh bedding and cleared surfaces - repeat for every bedroom.



- [ ] Strip beds; wash sheets and pillowcases
- [ ] Make beds with fresh bedding
- [ ] Put clothes away; sort laundry basket
- [ ] Dust nightstands, lamps and wardrobe tops
- [ ] Clean mirrors and windowsills
- [ ] Wipe switches and door handles
- [ ] Vacuum under the bed
- [ ] Vacuum or mop the floor
- [ ] Empty the small bin
- [ ] Air the room for 10 minutes

Make it faster: Carry a caddy with all-purpose cleaner, bathroom cleaner, glass cleaner, microfibre cloths, a scrub brush and bin bags from room to room - no trips back and forth, and set a timer per room to stay on track.

E Entryway & Hallways

Stop clutter at the door.

- [ ] Sort shoes; return extras to storage
- [ ] Hang coats, bags and keys
- [ ] Sort mail; recycle junk mail
- [ ] Wipe console table and mirror
- [ ] Shake out and wash the doormat
- [ ] Vacuum stairs and hallway
- [ ] Wipe banister and light switches
- [ ] Mop the entry floor

L Laundry Room

Clean machines clean better.

- [ ] Wipe washer and dryer tops
- [ ] Clean washer seal and detergent tray
- [ ] Empty the dryer lint filter
- [ ] Sort and fold finished laundry
- [ ] Wipe sink and counter
- [ ] Restock detergent and supplies
- [ ] Sweep and mop the floor
- [ ] Empty the lint bin

O Home Office

A clear desk, a clear head.

- [ ] File or recycle loose papers
- [ ] Wipe desk, monitor and keyboard
- [ ] Disinfect mouse and phone
- [ ] Dust shelves and printer
- [ ] Straighten cables
- [ ] Vacuum chair and floor

K Kids Rooms & Playroom

Sort, sanitise, reset.

- [ ] Put toys back in labelled bins
- [ ] Wipe washable toys and surfaces
- [ ] Sort outgrown clothes and toys
- [ ] Change bedding
- [ ] Vacuum rug and floor
- [ ] Air the room

W Whole-Home Finishing Touches

One last pass that finishes every room at once.

- [ ] Empty every bin; take rubbish out
- [ ] Wipe all door handles and switches
- [ ] Spot-clean baseboards and scuffs
- [ ] Clean one window per room
- [ ] Replace or wash cleaning cloths
- [ ] Restock the cleaning caddy
- [ ] Light a candle or open windows
- [ ] Walk through - enjoy the reset

Notes - rooms to revisit next time

How to use: Work through one room at a time and tick as you go. Weekly, do the full list. In between, a 10-minute pass per room - clear, wipe, floors - keeps every room guest-ready.