

# 30-DAY CLEANING CHALLENGE

DAY 1

## Hairbrushes

Remove hair and soak it in warm water with shampoo.

DAY 2

## Toothbrushes

Soak it in antibacterial mouthwash

DAY 3

## Showhead and Loofah

Soak each in vinegar for an hour. scrub showerhead, rinse loofah

DAY 4

## Shower curtain

Wash with towels on regular cycle with 1/2 c. of each detergent and baking soda

DAY 5

## Bathtub Drains

Use your preferred method

DAY 6

## Bedding

wash duvet cover, pillow cases

## mattress

vacuum clean and flip

DAY 7

## Light switches and door handles

Use cloth and disinfecting spray

DAY 8

## Air vents

vacuum and clean with washcloth

DAY 9

## Curtains, blinds, and shutters

wash/wipe

DAY 10

## Grocery Bags

Collect and wash

## TV remote

clean with microfiber

DAY 11

## Ceiling and floor fans

Put an old pillowcase over blades to trap falling dust while you wipe with a damp cloth

DAY 12

## walls

Use cotton mop to dust wall and corners

DAY 13

## Windows

use microfiber cloth & warm, soapy water to wipe window sills and use glass cleaner to polish the windows.

DAY 14

## Clean Baseboards

Use a microfiber cloth and warm soapy water

DAY 15

## Cell phone

use disinfecting wipes to de-germ your phone and case

## trash cans

squirt soapwater, hose it. Rinse and repeat

DAY 16

## Closet shelves

remove winter clothes and broken hangers, wipe shelves, put spring clothes

DAY 17

## Range hood and hood filter

Wipe the hood with soapy water (or use degreaser)

DAY 18

## kitchen cabinets

mix two cups of water with a cup of detergent. Wipe down with a dry cloth. Use baking soda for tough stains

DAY 19

## Organize and clean kitchen drawers

use soapy water or detergent mix. Wipe dry with clean cloth

DAY 20

## kitchen sink, under and around it

organize and clean

DAY 21

## Miscellaneous drawer

Organize and clean

DAY 22

## Microwave

Cup of water, chopped lemon, and few tbsps of vinegar. Run on high for a few minutes. Cool for 15 min. Wipe with a sponge. Clean outside with a wet sponge. For greasy stains use 1:1 water and vinegar.

DAY 23

## small appliances

wash outside w/soapy water, rinse and dry. Wipe base with damp cloth. Run what's possible through the dishwasher

DAY 24

## Clean washer, dryer and dishwasher

Run cleaning cycle. Clean outside with soapy water. Wipe clean

DAY 25

## inside the oven and stove grates

Use your preferred method

DAY 26

## pantry shelves

remove expired products and wipe shelves

DAY 27

## Couch and cushions

vacuum the surface and cushions. wash/sanitize and dry cushion cases

DAY 28

## floor under furniture

DAY 29

## fridge and freezer

soak shelves in soapy water. wash trays. Clean inside and seals with cleaning solution. Cloth Dry.

DAY 30

## clean rugs, mats and floor under them