

# 30-DAY CLEANING CHALLENGE

<p><b>DAY 1</b></p> <p><b>Hairbrushes</b></p> <p>Remove hair and soak it in warm water with shampoo.</p>	<p><b>DAY 2</b></p> <p><b>Toothbrushes</b></p> <p>Soack it in antibacterial mouthwash</p>	<p><b>DAY 3</b></p> <p><b>Showhead and Loofah</b></p> <p>Soack each in vinegar for an hour. scrub showerhead, rinse loofah</p>	<p><b>DAY 4</b></p> <p><b>Shower curtain</b></p> <p>Wash with towels on regular cycle with 1/2 c. of each detergent and baking soda</p>	<p><b>DAY 5</b></p> <p><b>Bathtub Drains</b></p> <p>Use your preferred method</p>
<p><b>DAY 6</b></p> <p><b>Bedding</b> wash duvet cover, pillow cases</p> <p><b>mattress</b> vacuum clean and flip</p>	<p><b>DAY 7</b></p> <p><b>Light switches and door handles</b></p> <p>Use cloth and disinfecting spray</p>	<p><b>DAY 8</b></p> <p><b>Air vents</b></p> <p>vacuum and clean with washcloth</p>	<p><b>DAY 9</b></p> <p><b>Curtains, blinds, and shutters</b></p> <p>wash/wipe</p>	<p><b>DAY 10</b></p> <p><b>Grocery Bags</b> Collect and wash</p> <p><b>TV remote</b> clean with microfiber</p>
<p><b>DAY 11</b></p> <p><b>Ceiling and floor fans</b></p> <p>Put an old pillowcase over blades to trap falling dust while you wipe with a damp cloth</p>	<p><b>DAY 12</b></p> <p><b>walls</b></p> <p>Use cotton mop to dust wall and corners</p>	<p><b>DAY 13</b></p> <p><b>Windows</b></p> <p>use microfiber cloth &amp; warm, soapy water to wipe window sills and use glass cleaner to polish the windows.</p>	<p><b>DAY 14</b></p> <p><b>Clean Baseboards</b></p> <p>Use a microfiber cloth and warm soapy water</p>	<p><b>DAY 15</b></p> <p><b>Cell phone</b> use disinfecting wipes to de-germ your phone and case</p> <p><b>trash cans</b> squirt soapwater, hose it. Rinse and repeat</p>
<p><b>DAY 16</b></p> <p><b>Closet shelves</b></p> <p>remove winter clothes and broken hangers, wipes shelves, put spring clothes</p>	<p><b>DAY 17</b></p> <p><b>Range hood and hood filter</b></p> <p>Wipe the hood with soapy water (or use degreaser)</p>	<p><b>DAY 18</b></p> <p><b>kitchen cabinets</b></p> <p>mix two cups of water with a cup of detergent. Wipe down with a dry cloth. Use baking soda for tough stains</p>	<p><b>DAY 19</b></p> <p><b>Organize and clean kitchen drawers</b></p> <p>use soapy water or detergent mix. Wipe dry with clean cloth</p>	<p><b>DAY 20</b></p> <p><b>kitchen sink, under and around it</b></p> <p>organize and clean</p>
<p><b>DAY 21</b></p> <p><b>Miscellaneous drawer</b></p> <p>Organize and clean</p>	<p><b>DAY 22</b></p> <p><b>Microwave</b></p> <p>Cup of water, chopped lemon, and few tbsp of vinegar. Run on high for a few minutes. Cool for 15 min. Wipe with a sponge. Clean outside with a wet sponge. For greecy stains use 1:1 water and vinegar.</p>	<p><b>DAY 23</b></p> <p><b>small appliances</b></p> <p>wash outside w/soapy water, rinse and dry. Wipe base with damp cloth. Run what's possible through the dishwasher</p>	<p><b>DAY 24</b></p> <p><b>Clean washer, dryer and dishwasher</b></p> <p>Run cleaning cycle. Clean outside with soapy water. Wipe clean</p>	<p><b>DAY 25</b></p> <p><b>inside the oven and stove grates</b></p> <p>Use your preferred method</p>
<p><b>DAY 26</b></p> <p><b>pantry shelves</b></p> <p>remove expired products and wipe shelves</p>	<p><b>DAY 27</b></p> <p><b>Couch and cushions</b></p> <p>vacuum the surface and cushions. wash/sanitize and dry cushion cases</p>	<p><b>DAY 28</b></p> <p><b>floor under furniture</b></p>	<p><b>DAY 29</b></p> <p><b>fridge and freezer</b></p> <p>soak shelves in soapy water. wash trays. Clean inside and seals with cleaning solution. Cloth Dry.</p>	<p><b>DAY 30</b></p> <p><b>clean rugs, mats and floor under them</b></p>