



30-DAY

SPRING CLEANING CHALLENGE

Organized 31



YOU DESERVE A CLEAN, FRESH START.

Spring signifies a time of renewal, refreshing, and new life.

Are you ready to experience renewal and a brand new start in your home?

This 30-day spring cleaning challenge will help you clean out the old so you can enjoy a clean, fresh home.

Use this as a guide to guide you through cleaning your entire house from top to bottom, in 30 days.

Ready, set, let's **GO!**



CHALLENGE

DAYS 1 - 10

DAY
1

OVEN

Clean the interior of your oven, including oven racks and accessories and wipe the exterior and under the unit.

DAY
2

COOKTOP

Wash all grates, knobs & accessories. Deep clean the cooktop. Clean the exhaust fan & light. Deep clean the fan filter

DAY
3

MICROWAVE & TOASTER

Clean the turntable, racks and accessories. Wipe out and clean the interior.

DAY
4

DISHWASHER

Run a deep clean cycle. Clean out the filter and wipe down the interior. Clean under the unit.

DAY
5

KITCHEN SINK & DISPOSAL

Deep clean the disposal and the underside of the gasket. Deep clean the sink, including grooves and edges.

DAY
6

FRIDGE & FREEZER

Remove & clean racks, shelves and drawers. Wipe down the interior & gaskets. Clean coils and under the unit.

DAY
7

KITCHEN CABINETS

Dust the interior of cabinet shelves. Wipe down cabinet exterior and handles. Clean the interior of cabinet doors

DAY
8

CLOTHES WASHER

Run a deep clean cycle. Remove detergent drawer and clean. Wipe interior and exterior. Clean under the unit.

DAY
9

CLOTHES DRYER

Clean the filter and duct. Clean area where the duct exits your home. Wipe the exterior and clean under the unit.

DAY
10

TRASH CANS

Clean the interior of all trash cans with disinfectant where possible. Wipe down the exteriors. Clean outdoor trash cans.



CHALLENGE

DAYS 11 - 20

DAY
11

SWITCH PLATES & DOOR KNOBS

Wipe down and disinfect all light switch plates and door knobs.

DAY
12

CURTAINS

Wash or dry clean all curtains. Dust curtain rods and window sills before hanging curtains back up.

DAY
13

BLINDS

Dust both sides of all blinds and windowsills.

DAY
14

WINDOW SCREENS

Remove all window screens, hose down to clean them and remove debris.

DAY
15

1/2 OF WINDOWS

Clean half of windows in your home. Clean the glass, inside and out. Clean the window tracks and frames.

DAY
16

2ND HALF OF WINDOWS

Clean second half of windows in your home. Clean the glass, inside and out. Clean the window tracks and frames.

DAY
17

CEILING FANS & AIR VENTS

Use vacuum brush to dust all air vents. Wash vent grates, if needed. Dust all ceiling fan blades and motors.

DAY
18

WALLS

Dust walls with vacuum brush. Wipe to clean handprints and marks.

DAY
19

DOORS & CLOSET DOORS

Dust both sides of all doors. Wipe down handprints and marks.

DAY
20

BASEBOARDS

Dust all baseboards with vacuum brush or long-handled duster.



CHALLENGE

DAYS 21 - 30

DAY
21

CARPETS & RUGS

Vacuum and deep clean all rugs and carpets.

DAY
22

FLOORS

Vacuum or sweep to remove debris. Clean all floors, paying attention to edges & corners.

DAY
23

BEDDING & PILLOWS

Remove all bedding and pillows. Wash or dry clean items, as appropriate.

DAY
24

MATTRESS

Clean mattresses and bedframes. Clean under and behind the bed.

DAY
25

SHOWER & FAUCET HEADS

Deep clean all faucet heads and shower heads. Remove if necessary to clean well.

DAY
26

BATHROOM VENTS & WALLS

Clean bathroom exhaust vents and wipe down walls well.

DAY
27

CLOSET SHELVES & FLOORS

Remove items from closet shelves & dust well. Clear the floor & clean well.

DAY
28

LINEN CLOSET

Remove items. Dust all shelves. Wipe down walls, paying attention to ceiling corners. Clean floor well.

DAY
29

LAMPS & LIGHT FIXTURES

Dust and clean all lamps. Remove globes and covers from ceiling lights to dust and clean.

DAY
30

COAT CLOSET & ENTRY

Remove all items. Dust shelves. Remove cobwebs. Clean baseboards and floor.



MORE RESOURCES



CLEANING SUPPLIES CHECKLIST

100 tips, DIY recipes & favorite products, plus a free 2-page printable cleaning supplies for spring cleaning. [\(here\)](#)



QUICK DAILY CLEANING ROUTINE

12 tips and checklists to create a quick daily cleaning routine that really works for busy parents and families. [\(here\)](#)



CLEANING GRANITE COUNTERS

Tips for cleaning granite counters in the kitchen & more to keep them beautiful for years. [\(here\)](#)



HOUSE CLEANING CHECKLIST

Free printable house cleaning checklist for areas usually forgotten. Life is busy & it's easy to forget these areas. [\(here\)](#)



MOVE OUT CLEANING

Free Printable Rental Move Out Checklist and move out cleaning tips. [\(here\)](#)



MOVE IN CLEANING

Move-In Cleaning Checklist - make moving into your new home as simple and efficient as possible. [\(here\)](#)



CHORE CARDS

Use the completed cards or choose the blanks cards and create the exact chore list card you need. [\(here\)](#)



HOW MANY CLOTHES?

Use this free printable checklist to decide how many clothes you really need for your unique requirements. [\(here\)](#)



SPRING CLEAN THE CAR

Don't forget the car. 6 easy tips on how to spring clean your car. [\(here\)](#)



YOU'VE GOT THIS!