TIDYWELL · FREE PRINTABLE

Deep cleaning checklist

Spread over 2–4 sessions

Kitchen

- [ ] Clean inside the oven and the oven door glass ~40 min
- [ ] Empty the fridge, wipe the shelves and drawers ~25 min
- [ ] Degrease the extractor hood and soak the filter ~20 min
- [ ] Wipe cupboard fronts, handles and tops of cupboards ~15 min
- [ ] Pull out appliances and clean behind and under them ~15 min
- [ ] Descale the kettle and clean the bin ~15 min

Bathroom

- [ ] Descale the shower head and taps ~15 min
- [ ] Scrub the grout and re-check the sealant ~25 min
- [ ] Wash the shower curtain or clean the screen ~15 min
- [ ] Clean behind and around the base of the toilet ~10 min
- [ ] Clear out the bathroom cabinet and bin old products ~10 min
- [ ] Wipe the extractor fan cover ~5 min

Living room

- [ ] Vacuum the sofa, under the cushions too ~10 min
- [ ] Move the furniture and vacuum underneath ~15 min
- [ ] Wipe skirting boards ~15 min
- [ ] Dust light fittings, lampshades and tops of frames ~10 min
- [ ] Clean the inside of windows and the sills ~15 min

Bedrooms

- [ ] Vacuum the mattress and turn or rotate it ~15 min
- [ ] Wash pillows and the duvet, or air them outside
- [ ] Clear and vacuum under the bed ~15 min
- [ ] Sort the wardrobe: one bag to donate ~30 min
- [ ] Wash or vacuum the curtains, wipe the blinds ~15 min

Everywhere else

- [ ] Wipe doors, door frames and light switches ~20 min
- [ ] Dust and wipe the radiators ~15 min
- [ ] Clear cobwebs from ceiling corners ~10 min
- [ ] Wash the doormat and sort the shoe rack ~10 min
- [ ] Test the smoke and carbon monoxide alarms ~5 min

How to make it stick

- Work top to bottom: dust falls, so ceilings and lights first, floors last.
- One room per session is plenty. A deep clean spread over a month still counts.
- Start soaking things first (the oven racks, the extractor filter) and do quick jobs while they soak.
- Twice a year is enough for most of this list; spring and autumn are traditional for a reason.

Free from **tidywell-app.com**

Rather not print it? **Tidywell** is a free chore app for iPhone and Android.