# HOUSE CLEANING CHECKLIST

Daily, weekly, monthly & seasonal tasks - tick each box as you go

**Agape Cleaning Services**
Palm Desert & the Coachella Valley
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## DAILY *15-20 min*

- [ ] Make the beds
- [ ] Wash or load dishes, run dishwasher
- [ ] Wipe counters, stovetop and sink
- [ ] Sweep or vacuum high-traffic floors
- [ ] Wipe bathroom sink and counter
- [ ] Put clutter back where it belongs
- [ ] Take out trash if full

## WEEKLY *2-3 hrs*

- [ ] Dust surfaces, shelves, frames, electronics
- [ ] Vacuum carpets, rugs and upholstery
- [ ] Mop all hard floors
- [ ] Disinfect toilets, tubs, showers, sinks
- [ ] Clean mirrors and glass doors
- [ ] Change sheets, wash towels
- [ ] Wipe microwave inside and out
- [ ] Wipe appliance fronts and cabinet doors
- [ ] Disinfect handles, switches, remotes
- [ ] Toss expired food from the fridge
- [ ] Empty all trash cans, new liners

## MONTHLY *3-4 hrs*

- [ ] Dust ceiling fans and light fixtures
- [ ] Wipe baseboards, door frames, sills
- [ ] Clean blinds, vacuum curtains
- [ ] Vacuum air vents and return grilles
- [ ] Clean oven and range hood filter
- [ ] Wipe out fridge shelves and drawers
- [ ] Clean cycle: dishwasher & washer
- [ ] Clean the garbage disposal
- [ ] Wash trash cans
- [ ] Vacuum under beds and sofas
- [ ] Replace HVAC filter (30-60 days)

## SEASONAL DEEP CLEAN *every 3-6 mo*

- [ ] Wash windows, tracks and screens
- [ ] Scrub kitchen and bathroom grout
- [ ] Deep clean carpets and upholstery
- [ ] Clean behind/under fridge and stove
- [ ] Clean fridge coils
- [ ] Wipe tops of cabinets and fridge
- [ ] Empty and wipe cabinets and pantry
- [ ] Wash pillows, comforters, mattress covers
- [ ] Spot clean walls and doors
- [ ] Clean the dryer vent duct
- [ ] Test smoke detectors, new batteries
- [ ] Declutter closets, donate unused items

## THE PRO CLEANING ORDER

1. Top to bottom: fans and fixtures first, floors last
2. Dry before wet: dust and vacuum before wiping or mopping
3. Back to front: start at the far wall, finish at the door
4. Spray, then wait: let tub and toilet cleaner sit while you do mirrors

# HOUSE CLEANING CHECKLIST

Room-by-room checklist + spots most people miss

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## KITCHEN

- [ ] Clear and wipe counters, backsplash
- [ ] Clean stovetop, knobs, burner grates
- [ ] Clean microwave inside and out
- [ ] Polish appliance fronts
- [ ] Wipe cabinet doors and handles
- [ ] Scrub and disinfect sink and faucet
- [ ] Wipe table and chairs
- [ ] Empty trash, wipe bin lid
- [ ] Sweep and mop the floor

## BATHROOM

- [ ] Spray tub, shower, toilet; let it sit
- [ ] Dust light and exhaust fan cover
- [ ] Clean mirrors, polish chrome
- [ ] Wipe counters and cabinet fronts
- [ ] Scrub tub, shower walls, glass door
- [ ] Clean toilet bowl, seat, tank, base
- [ ] Clear hair from drains
- [ ] Replace towels and bath mat
- [ ] Empty trash, mop the floor

## BEDROOMS

- [ ] Pick up clothes and clutter
- [ ] Dust fan, lamps, dressers, headboard
- [ ] Clean mirrors, wipe window sills
- [ ] Change sheets, make the bed
- [ ] Vacuum floor, closet, under bed

## LIVING & DINING ROOMS

- [ ] Put away remotes, books, toys
- [ ] Dust shelves, frames, TV, electronics
- [ ] Vacuum sofas and under cushions
- [ ] Fluff pillows, fold throws
- [ ] Wipe coffee and dining tables, chairs
- [ ] Disinfect remotes and light switches
- [ ] Vacuum rugs, mop hard floors

## LAUNDRY ROOM & ENTRY

- [ ] Clean dryer lint trap
- [ ] Wipe washer, dryer, door seal
- [ ] Shake out entry mat
- [ ] Wipe front door, handle, shoe area
- [ ] Sweep and mop the floor

## OFTEN-MISSED SPOTS

- [ ] Light switches, outlets, thermostat
- [ ] Tops of door and picture frames
- [ ] Dishwasher filter and door seal
- [ ] Washer gasket and detergent drawer
- [ ] Under the kitchen sink
- [ ] Behind the toilet base
- [ ] Toothbrush holder, soap dispenser

## DESERT HOME TIPS

- Dust twice a week with a damp microfiber cloth
- Dry shower glass to stop hard-water spots
- Soak showerheads in vinegar monthly
- Check the AC filter every month
- Mats inside and outside every door

## Short on time?

Let Agape Cleaning handle the checklist.
Weekly, deep and move-out cleaning in
Palm Desert & the Coachella Valley.

**Free quote: agapecleaningservices.us**