

Room-by-Room Deep Clean

One room per column, top to bottom, in the order that stops you cleaning twice.

Always work top to bottom and dry to wet. Dust falls downwards, so floors go last – every time.

ROOM

TIME BUDGET

1. CLEAR

- ☐ Take everything off the surfaces
- ☐ Bin the rubbish
- ☐ Move out what does not live here
- ☐ Strip fabrics for washing
- ☐ _____
- ☐ _____

2. DUST – HIGH TO LOW

- ☐ Ceiling corners and light fittings
- ☐ Tops of doors and frames
- ☐ Shelves and picture frames
- ☐ Skirting boards last
- ☐ _____
- ☐ _____

3. WIPE & WASH

- ☐ All surfaces and handles
- ☐ Light switches and sockets
- ☐ Windows and mirrors
- ☐ Inside cupboards and drawers
- ☐ _____
- ☐ _____

4. FLOORS & FINISH

- ☐ Vacuum including edges and under
- ☐ Mop or steam
- ☐ Put everything back deliberately
- ☐ Air the room
- ☐ _____
- ☐ _____

WHAT I AM NOT PUTTING BACK IN THIS ROOM
