# NEAT FREAK NEST

## The Ultimate Room-by-Room Cleaning Checklist

Print me, stick me on the fridge — check off each room as you go.

### KITCHEN (Weekly)

- [ ] **Wipe counters & stovetop —** Clear everything off first, then wipe with a damp microfiber cloth.
- [ ] **Clean microwave inside —** Steam with vinegar water 5 min, then wipe — no scrubbing.
- [ ] **Scrub & shine sink —** Baking soda paste, rinse, dry for shine.
- [ ] **Wipe cabinet fronts & handles —** Warm soapy cloth; degrease near the stove.
- [ ] **Clean small appliances —** Toaster crumbs, coffee maker exterior.
- [ ] **Take out trash & recycling —** Wipe the bin rim while the bag is out.
- [ ] **Sweep & mop floor —** Under the table and along baseboards too.
- [ ] **Deep zone (rotate monthly) —** Week 1: inside microwave + range hood filter. Week 2: fridge coils + one cabinet. Week 3: pantry shelf + oven door. Week 4: dishwasher filter + grout.

### BATHROOMS (Weekly)

- [ ] **Spray toilet, tub & sink —** Let cleaner sit 5 min while you wipe the mirror.
- [ ] **Scrub toilet bowl & wipe seat/base —** 60-second bowl brush, then wipe down.
- [ ] **Scrub tub/shower —** Baking soda paste for soap scum.
- [ ] **Wipe mirror & fixtures —** S-pattern with microfiber, no circles.
- [ ] **Swap hand towels —** Fresh towels weekly, bath towels every 3–4 uses.
- [ ] **Empty trash & restock —** Toilet paper, soap, spare rolls within reach.
- [ ] **Mop floor —** Behind the toilet too — that's the spot everyone skips.

### BEDROOMS (Weekly)

- [ ] **Change bed linens —** Pillowcases flipped, mattress rotated every other month.
- [ ] **Dust surfaces —** Nightstands, dresser tops, window sills.
- [ ] **Vacuum / mop floors —** Under the bed monthly.
- [ ] **Declutter surfaces —** 10-minute reset: everything back in its home.
- [ ] **Empty trash**

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### LIVING SPACES (Weekly)

- [ ] **Declutter surfaces —** Coffee table, shelves, entryway catch-all.
- [ ] **Dust electronics & shelves —** Microfiber, top to bottom.
- [ ] **Vacuum upholstery & rugs —** Under cushions monthly.
- [ ] **Fluff pillows & fold throws —** The 2-minute tidy that makes it look clean.
- [ ] **Clean windows/mirrors (monthly) —** Cloudy day = streak-free.
- [ ] **Mop hard floors**

### LAUNDRY ROOM (Weekly)

- [ ] **Run & fold all laundry —** Fold straight from the dryer — no laundry chair.
- [ ] **Wipe washer & dryer exteriors —** Detergent drips attract dust.
- [ ] **Clean lint trap & filter —** Every load for the trap; monthly deep clean.
- [ ] **Restock supplies —** Detergent, dryer sheets, stain treatment.
- [ ] **Sweep/mop floor —** Behind machines quarterly.

***Done? Pour something nice — your whole house just got reset.***