

# BEDROOM

## Cleaning

### DAILY

MAKE YOUR BED

OPEN CURTAINS AND BLINDS

PUT AWAY CLOTHES

CLEAR NIGHTSTAND SURFACES

QUICK FLOOR SCAN

### WEEKLY

CHANGE AND WASH BED SHEETS

DUST ALL SURFACES

Disinfect High-Touch Areas

Clean Mirrors and Glass

WIPE DOWN HEADBOARD

SWEEP THOROUGHLY

EMPTY TRASH

CARE FOR BEDROOM PLANTS

DUST CEILING FAN

### MONTHLY

WASH BEDDING

CLEAN WINDOWS AND CURTAINS

SPOT CLEAN WALLS

CLEAN LIGHT FIXTURES

CLEAN VENT COVERS

Dust the Closet Shelves

Reorganize Drawers & Nightstands

### SEASONAL

ROTATE AND CLEAN YOUR MATTRESS

DEEP CLEAN ALL BEDDING

DEEP CLEAN WINDOWS AND TREATMENTS

REPLACE OR CLEAN AIR FILTERS

DEEP CLEAN RUGS AND CARPETS

DECLUTTER AND ORGANIZE CLOSET

VACUUM UNDER BED/ BEHIND FURNITURE

CLEAN BASEBOARDS AND TRIM

### NOTES