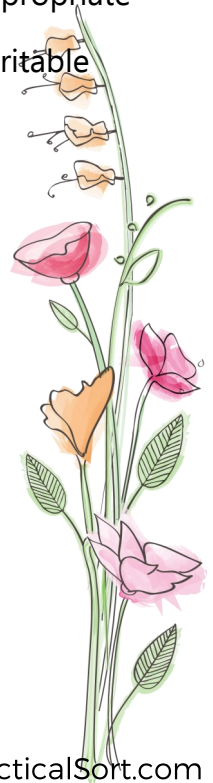


One A Day Spring Clean Checklist

Pick one task a day to keep you on schedule for the next 90 days. Add tasks suitable to your home's specific needs.

MARCH

- Gather all unwanted household hazardous waste: chemicals, oil-based paints, stains, solvents for disposal at OregonMetro.gov collection events. See their list of accepted items at OregonMetro.gov.
- Disinfect all phones
- Wipe down windows and sills (Bedroom 1)
- Back up hard drive inc. contacts
- Wipe down windows and sills (Bedroom 2)
- Disinfect all earrings
- Wipe down windows and sills (Bedroom 3)
- Wash dusty artificial plants
- Wipe down windows and sills (Bathroom 1)
- Launder all bed linens, bedskirts, decorative towels
- Wipe down windows and sills (Bathroom 2)
- Sort clothes from closet 1 that are no longer: fit, fashionable, or appealing
- Wipe down windows and sills (Bathroom 3)
- Sort clothes from closet 2 that are no longer: fit, fashionable, or appealing
- Wipe down windows and sills (Living Room)
- Sort clothes from closet 3 that are no longer: fit, fashionable, or appealing
- Wipe down windows and sills (Office)
- Sort through coat closet for outerwear that are no longer fit, fashionable, or appealing
- Wipe down windows and sills (Playroom)
- Sort through toys and games that are no longer usable, desired, or age appropriate
- Wipe down windows and sills (Kitchen)
- Donate clothes and shoes to charitable organizations
- Wipe down windows and sills (Dining Room)
- Wipe down bathroom shelf 1
- Gather all curtains and washable blinds for laundering
- Wipe down bathroom shelf 2
- Iron curtain panels before rehanging
- Wipe down bathroom shelf 3
- Iron remaining curtain panels
- Wipe down all light switches
- Wipe down plug outlets (carefully)

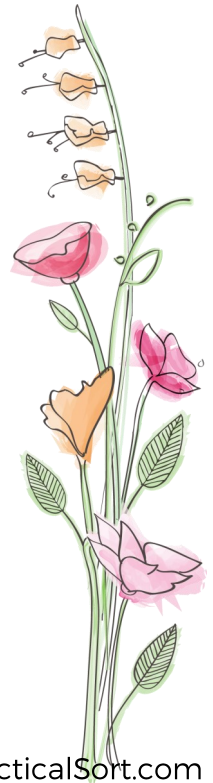


One A Day Spring Clean Checklist

Pick one task a day to keep you on schedule for the next 90 days. Add tasks suitable to your home's specific needs.

APRIL

- Clean mirror in bathroom 1
- Clean mirror in bathroom 2
- Clean mirror in bathroom 3
- Wipe down ceiling fan bedroom 1
- Wipe down ceiling fan bedroom 2
- Wipe down ceiling fan bedroom 3
- Wipe down ceiling fan family room
- Wipe down master closet shelves
- Wipe down bedroom 1 closet shelves
- Wipe down bedroom 2 closet shelves
- Wipe down bedroom 3 closet shelves
- Wipe down top of refrigerator
- Clean kitchen cabinet door fronts
- Empty & vacuum 3 kitchen cabinets
- Empty & vacuum 3 kitchen cabinets
- Empty & vacuum 3 kitchen cabinets
- Empty & vacuum 3 kitchen drawers
- Empty & vacuum 3 kitchen drawers
- Empty & vacuum 3 kitchen drawers
- Empty & vacuum 3 kitchen drawers
- Empty & clean 2 refrigerator shelves
(dispose expired or donate unused, unwanted products). Do this for each shelf.
- Empty & clean 2 refrigerator shelves
- Empty & clean 2 refrigerator shelves
- Empty & clean 2 refrigerator door shelves
- Empty & clean 2 refrigerator door shelves
- Empty & clean 2 refrigerator bins
- Empty & clean 2 refrigerator bins
- Wipe down refrigerator interior
- Empty and clean pantry 2 shelves (dispose expired or donate unused, unwanted products). Do this for each shelf.
- Empty and clean pantry 2 shelves (dispose expired or donate unused, unwanted products). Do this for each shelf.
- Assess freezer foods, dispose expired or unwanted foods.



One A Day Spring Clean Checklist

Pick one task a day to keep you on schedule for the next 90 days. Add tasks suitable to your home's specific needs.

MAY

- Wipe down or rinse freezer shelves
- Wipe down freezer interior
- Disinfect computer keyboards
- Wipe down computer screens
- Disinfect door knobs
- Remove sofa cushions & vacuum frame
- Wipe down, vacuum, or tumble fluff dry in dryer (be sure to set to air dry) cushion covers
- Clean stove knobs
- Fluff dry stuffed animals
- Scour toilet ring in toilet 1
- Scour toilet ring in toilet 2
- Scour toilet ring in toilet 3
- Email clean up
- Email clean up
- Email contact cleanup
- Schedule carpet and upholstery cleaning
- Schedule HVAC cleaning
- Schedule spring HVAC system maintenance
- Sweep front porch
- Sweep back porch
- Tackle 2 garage shelves, donate or recycle usable goods
- Tackle 2 garage shelves, donate or recycle usable goods
- Tackle 2 garage shelves, donate or recycle usable goods
- Clear out trash from vehicle
- Vacuum car interior
- Clean tops of kitchen cabinets
- Wipe down interior doors
- Donate old books
- Shred previous year unneeded documents, bills, articles, etc.
- Vacuum dryer lint screen and lint receptacle
- Wipe down all appliances

