

Justmommies Cleaning Calendar



August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Today is a catch up day!	31 Today is a free day! Enjoy!					1 wipe down the kitchen cabinets and pantry
2 clean out your automobile	3 Today is a catch up day!	4 sweep door mats and front & rear entrance ways	5 wipe down all your kitchen chairs	6 Today is a catch up day!	7 wash all your throw rugs and bath mats	8 wipe down baseboards in living room/family room/den
9 Today is a catch up day!	10 clean your dishwasher	11 wipe down mini-blinds in your main living areas	12 Today is a catch up day!	13 clean your refrigerator and microwave	14 replace your air filters	15 Today is a catch up day!
16 wipe down the kitchen cabinets and pantry	17 clean out your automobile	18 Today is a catch up day!	19 wipe down all your kitchen chairs	20 vacuum the insides of your sofas and chairs	21 Today is a catch up day!	22 clean your oven
23 clean toaster, coffee maker, & kitchen appliances	24 Today is a catch up day!	25 wipe down baseboards in your kitchen and bathroom	26 dust all ceiling fans and light fixtures	27 Today is a catch up day!	28 clean your refrigerator and microwave	29 wash out your trash can

Weekly Cleaning Tasks

Monday: washing laundry and changing your bed linen and bathroom towels

Tuesday: vacuuming, dusting, and cleaning your bathroom

Wednesday: laundry, cleaning windows, and wiping down door knobs and light switches

Thursday: vacuuming and menu planning

Friday: laundry and mopping

August's Decluttering Challenge Checklist - Kitchen & Bathroom

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| * Clean out medicine cabinet. Get rid of any expired medicine. | * Clean out bathroom cabinets and closets. |
| * Clean baseboards. | * Clean pantry. Get rid of any expired food and donate any unused canned goods. |
| * Wash window treatments. | * Sweep ceilings for any dust or cobwebs. |
| * Wash shower curtain. | * Clean air vents. |
| * Clean under kitchen sink. | * Clean doors including door knobs, molding, and trim. |
| * Clean under bathroom sink. | * Spot clean walls of any marks, scuffs, or handprints. |