

# Justmommies Cleaning Calendar



## July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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	30 Today is a catch up day!	31 Today is a free day! Enjoy!	

### 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

### July's Decluttering Challenge Checklist - Living Room, Family Room, Den, and Hallways

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|------------------------------------------------|---------------------------------------------------------|
| * Clean out hall closets and linen closets.    | * Clean doors including door knobs, molding, and trim.  |
| * Clean laundry room.                          | * Spot clean walls of any marks, scuffs, or handprints. |
| * Wash window treatments.                      | * Sweep ceilings for any dust or cobwebs.               |
| * Clean windows.                               | * Clean air vents.                                      |
| * Clean china cabinet, bookshelves, and desks. |                                                         |