



# JustMommies Cleaning Calendar

## August 2010

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

### August's Decluttering Challenge Checklist - Kitchen & Bathroom

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| <ul style="list-style-type: none"> <li>* Clean out medicine cabinet. Get rid of any expired medicine.</li> <li>* Clean baseboards.</li> <li>* Wash window treatments.</li> <li>* Wash shower curtain.</li> <li>* Clean under kitchen sink.</li> <li>* Clean under bathroom sink.</li> </ul> | <ul style="list-style-type: none"> <li>* Clean out bathroom cabinets and closets.</li> <li>* Clean pantry. Get rid of any expired food and donate any unused canned goods.</li> <li>* Sweep ceilings for any dust or cobwebs.</li> <li>* Clean air vents.</li> <li>* Clean doors including door knobs, molding, and trim.</li> <li>* Spot clean walls of any marks, scuffs, or handprints.</li> </ul> |
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