



JustMommies Cleaning Calendar

July 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

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

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| <ul style="list-style-type: none"> * Clean out hall closets and linen closets. * Clean laundry room. * Wash window treatments. * Clean windows. * Clean china cabinet, bookshelves, and desks. | <ul style="list-style-type: none"> * Clean doors including door knobs, molding, and trim. * Spot clean walls of any marks, scuffs, or handprints. * Sweep ceilings for any dust or cobwebs. * Clean air vents. |
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