30-Day House Cleaning Challenge Printable

One approachable task a day for 30 days

Mark tasks as you finish. Choose what fits your home; skip tasks that do not apply.

WEEK 1 · KITCHEN

- [ ] Day 1: Clear and wipe kitchen counters GUIDE ›
- [ ] Day 2: Clean the sink GUIDE ›
- [ ] Day 3: Wipe stovetop GUIDE ›
- [ ] Day 4: Clean microwave GUIDE ›
- [ ] Day 5: Sort one pantry shelf GUIDE ›
- [ ] Day 6: Organize food containers GUIDE ›
- [ ] Day 7: Light kitchen reset GUIDE ›

WEEK 2 · BATHROOM & LAUNDRY

- [ ] Day 8: Clean bathroom sink GUIDE ›
- [ ] Day 9: Clean toilet GUIDE ›
- [ ] Day 10: Clean bathroom mirror GUIDE ›
- [ ] Day 11: Tackle shower soap scum GUIDE ›
- [ ] Day 12: Wash bath towels GUIDE ›
- [ ] Day 13: Clean washer gasket GUIDE ›
- [ ] Day 14: Refresh cleaning cloths GUIDE ›

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WEEK 3 · LIVING SPACES

- [ ] Day 15: Dust baseboards GUIDE ›
- [ ] Day 16: Clean window tracks GUIDE ›
- [ ] Day 17: Vacuum sofa crevices GUIDE ›
- [ ] Day 18: Sort entryway clutter GUIDE ›
- [ ] Day 19: Clean one floor area GUIDE ›
- [ ] Day 20: Declutter one drawer GUIDE ›
- [ ] Day 21: Light weekly reset GUIDE ›

WEEK 4 · STORAGE & RESET

- [ ] Day 22: Sort one closet shelf GUIDE ›
- [ ] Day 23: Organize under-sink supplies GUIDE ›
- [ ] Day 24: Clean vacuum accessories GUIDE ›
- [ ] Day 25: Reset laundry storage GUIDE ›
- [ ] Day 26: Clear one bedroom surface GUIDE ›
- [ ] Day 27: Tidy a small bathroom shelf GUIDE ›
- [ ] Day 28: Refresh bedding GUIDE ›
- [ ] Day 29: Check supplies and restock GUIDE ›
- [ ] Day 30: Celebrate and plan maintenance GUIDE ›

GUIDE links open related cleaning and organization categories in the digital PDF.

Safety: Follow product labels. Never mix cleaning chemicals, including bleach with acids or ammonia.