Monthly House Cleaning Checklist for Busy Homes

Pick a few deeper tasks to spread through the month

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

KITCHEN

- [ ] Clean the range hood exterior GUIDE ›
- [ ] Clean microwave interior GUIDE ›
- [ ] Sort pantry expirations GUIDE ›
- [ ] Wipe cabinet fronts GUIDE ›

BATHROOM

- [ ] Check shower tracks and grout GUIDE ›
- [ ] Remove mineral buildup where safe GUIDE ›
- [ ] Wash or replace shower liner per label GUIDE ›

LIVING AREAS

- [ ] Dust blinds and baseboards GUIDE ›
- [ ] Clean window tracks GUIDE ›
- [ ] Vacuum sofa cushions if suitable GUIDE ›

LAUNDRY & EQUIPMENT

- [ ] Clean washer drawer and gasket GUIDE ›
- [ ] Check vacuum filter care schedule GUIDE ›
- [ ] Wash reusable cleaning cloths GUIDE ›

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STORAGE

- [ ] Declutter one closet shelf GUIDE ›
- [ ] Refresh under-sink organization GUIDE ›
- [ ] Check household supply inventory 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.