

Monthly Cleaning Checklist

The jobs that don't need doing weekly — but shouldn't be forgotten. Run through this list once a month.

KITCHEN

- ☐ Clean the oven
- ☐ Descale kettle & coffee machine
- ☐ Wipe cabinet fronts
- ☐ Clean fridge inside
- ☐ Degrease extractor filter

BATHROOMS

- ☐ Descale the showerhead
- ☐ Deep-scrub grout
- ☐ Wash shower curtain
- ☐ Clean exhaust fan
- ☐ Wash bath mats

WHOLE HOUSE

- ☐ Dust ceiling fans & vents
- ☐ Wash the windows
- ☐ Wipe skirting boards
- ☐ Vacuum under furniture
- ☐ Clean door handles & switches

BEDROOMS

- ☐ Wash mattress protectors
- ☐ Flip or rotate mattress
- ☐ Vacuum under beds
- ☐ Wash pillows
- ☐ Dust headboards

Monthly Cleaning Checklist (cont.)

MAINTENANCE

- ☐ Replace or clean air filters
- ☐ Test smoke alarms
- ☐ Wash the bins
- ☐ Clean the washing machine
- ☐ Wipe light fittings