



UfYH Basic Cleaning Lists

Monthly/Seasonally

Monthly:

Dust all surfaces

Wipe down or vacuum baseboards

Clean out refrigerator

Wipe down bathroom walls

Clean light switches and door handles

Throw away old magazines, shred or file old bills and mail

Clean out and organize pantry

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Seasonally:

Wash curtains/clean vertical blinds

Go through closet and sort through clothes

Vacuum/clean upholstered furniture

Clean oven

Vacuum and rotate mattress

Clean out bathroom drawers and cabinets

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*20/10: 20 minutes of cleaning & a 10-minute break.
Vinegar is sorcery!*