	30-Day	Spring Cleaning Challenge	
Day	Area	Cleaning Task	Done
l	Kitchen	Clean out refrigerator & freezer	
2	Kitchen	Clean out & organize pantry	
3	Kitchen	Clean cupboards & drawers	
4	Kitchen	Clean oven, dishwasher, and other appliances	
5	Kitchen	Scrub surfaces, sink, and clean under sink	
6	Pick Your Project		
7	Pick Your Project		
8	Whole House	Dust light fixtures & fans	
9	Whole House	Dust Part I - frames, wall decor, and high places	
10	Whole House	Dust Part II - surfaces	
11	Whole House	Vacuum under couch cushions & other furniture	
12	Whole House	Vacuum carpet & rugs	
13	Pick Your Project		
14	Pick Your Project		
15	Bathroom	Scrub toilets, tubs, and shower	
16	Bathroom	Clean out linen closet	
17	Bathroom	Clean cabinets & drawers	
18	Entryway	Clean & organize entryways/mudroom	
19	Entryway	Clean & organize entry closets (wash winter wear)	
20	Pick Your Project		
21	Pick Your Project		
22	Whole House	Dust/vacuum blinds	
23	Whole House	Clean Windows Part I	
24	Whole House	Clean Windows Part II	
25	Whole House	Wipe down light switches & door knobs	
26	Whole House	Wash tile & hardwood floors	
27	Pick Your Project		
28	Pick Your Project		
29	Laundry	Clean laundry area	

Pick Your

30

Bedrooms

- Clean porch
- Clean outdoor furniture or equipment

Wash comforters & blankets

- Clean garage
- Wash & clean out car
- Remove sofa covers & launder
- Launder throw pillows & blankets
- Launder curtains

- Wash baseboards
- Wash pillows
- Clean vents
- Wash children's toys
- Clean electronics
- Organize clothing closets & dressers
- Power-wash deck

30-Day Spring Cleaning Challenge

Day	Area	Cleaning Task	Done
1	Kitchen	Clean out refrigerator & freezer	
2	Kitchen	Clean out & organize pantry	
3	Kitchen	Clean cupboards & drawers	
4	Kitchen	Clean oven, dishwasher, and other appliances	
5	Kitchen	Scrub surfaces, sink, and clean under sink	
6	Pick Your Project		
7	Pick Your Project		
8	Whole House	Dust light fixtures & fans	
9	Whole House	Dust Part I - frames, wall decor, and high places	
10	Whole House	Dust Part II - surfaces	
11	Whole House	Vacuum under couch cushions & other furniture	
12	Whole House	Vacuum carpet & rugs	
13	Pick Your Project		
14	Pick Your Project		
15	Bathroom	Scrub toilets, tubs, and shower	
16	Bathroom	Clean out linen closet	
17	Bathroom	Clean cabinets & drawers	
18	Entryway	Clean & organize entryways/mudroom	
19	Entryway	Clean & organize entry closets (wash winter wear)	
20	Pick Your Project		
21	Pick Your Project		
22	Whole House	Dust/vacuum blinds	
23	Whole House	Clean Windows Part I	
24	Whole House	Clean Windows Part II	
25	Whole House	Wipe down light switches & door knobs	
26	Whole House	Wash tile & hardwood floors	
27	Pick Your Project		
28	Pick Your Project		
29	Laundry	Clean laundry area	
30	Bedrooms	Wash comforters & blankets	

Pick Your

- Clean porch
- Clean outdoor furniture or equipment
- Clean garage
- Wash & clean out car
- Remove sofa covers & launder
- Launder throw pillows & blankets
- Launder curtains

- Wash baseboards
- Wash pillows
- Clean vents
- Wash children's toys
- Clean electronics
- Organize clothing closets & dressers
- Power-wash deck

For personal use only. Not to be copied, distributed, altered, or sold. www.morningmotivatedmom.com

30-Dan	S	prim	r C	leoni	mg	Cha	Plen	Z	e
		1	/		- // -				

Day	Area	Cleaning Task	Done
1	Kitchen	Clean out refrigerator & freezer	
2	Kitchen	Clean out & organize pantry	
3	Kitchen	Clean cupboards & drawers	
4	Kitchen	Clean oven, dishwasher, and other appliances	
5	Kitchen	Scrub surfaces, sink, and clean under sink	
6	Pick Your Project		
7	Pick Your Project		
8	Whole House	Dust light fixtures & fans	
9	Whole House	Dust Part I - frames, wall decor, and high places	
10	Whole House	Dust Part II - surfaces	
11	Whole House	Vacuum under couch cushions & other furniture	
12	Whole House	Vacuum carpet & rugs	
13	Pick Your Project		
14	Pick Your Project		
15	Bathroom	Scrub toilets, tubs, and shower	
16	Bathroom	Clean out linen closet	
17	Bathroom	Clean cabinets & drawers	
18	Entryway	Clean & organize entryways/mudroom	
19	Entryway	Clean & organize entry closets (wash winter wear)	
20	Pick Your Project		
21	Pick Your Project		
22	Whole House	Dust/vacuum blinds	
23	Whole House	Clean Windows Part I	
24	Whole House	Clean Windows Part II	
25	Whole House	Wipe down light switches & door knobs	
26	Whole House	Wash tile & hardwood floors	
27	Pick Your Project		
28	Pick Your Project		
29	Laundry	Clean laundry area	
30	Bedrooms	Wash comforters & blankets	

Piek Your Project

- Clean porch
- Clean outdoor furniture or equipment
- Clean garage
- Wash & clean out car
- Remove sofa covers & launder
- Launder throw pillows & blankets
- Launder curtains

- Wash baseboards
- Wash pillows
- Clean vents
- Wash children's toys
- Clean electronics
- Organize clothing closets & dressers
- Power-wash deck

For personal use only. Not to be copied, distributed, altered, or sold. www.morningmotivatedmom.com