



# 30 Day Deep Cleaning Calendar

Day 1	Day 2	Day 3	Day 4	Day 5
Wipe down countertops, cupboard doors, and high-touch areas in the kitchen.	Scrub the sink and taps with bicarbonate of soda and vinegar.	Clean dishwasher: rinse filter, run an empty cycle with vinegar.	Declutter the fridge and clean shelves, drawers, and seals.	Clean the stovetop and oven using baking soda and vinegar.
Day 6	Day 7	Day 8	Day 9	Day 10
Sweep and mop the kitchen floor, focusing on corners.	Organise under the sink and tidy cleaning supplies.	Dust and declutter shelves.	Vacuum and clean upholstered furniture.	Dust and clean electronics like TVs and remotes.
Day 11	Day 12	Day 13	Day 14	Day 15
Vacuum carpets and rugs, focusing on edges and corners.	Wipe down walls and skirting boards to remove dust.	Declutter and tidy storage baskets or decorative boxes.	Wash throw blankets and cushion covers.	Wash bedding and refresh the mattress.
Day 16	Day 17	Day 18	Day 19	Day 20
Declutter dresser drawers and nightstands. Wipe interiors.	Organise the closet. Sort and tidy clothes.	Dust and vacuum under beds.	Dust ceiling fans and light fixtures.	Vacuum bedroom floors, mop if needed.
Day 21	Day 22	Day 23	Day 24	Day 25
Scrub shower and bath tiles; clean grout and showerhead.	Deep clean the toilet, including hinges and behind.	Declutter the bathroom countertop and sort toiletries.	Clean mirrors and glass surfaces for a streak-free shine.	Tidy the laundry room and clean appliances.
Day 26	Day 27	Day 28	Day 29	Day 30
Mop and disinfect bathroom floors.	Wash bath mats and towels.	Clean windows and window tracks.	Tidy outdoor entryways and clean doormats.	Wipe down baseboards and finish with sweeping/mopping.