

FLYLADY CLEANING *checklist*



KITCHEN & DINING

- ☐ Wipe counters & cabinet doors
- ☐ Clean backsplash
- ☐ Shine appliances & sink
- ☐ Clean hood-range
- ☐ Clean microwave inside/out
- ☐ Dust on top of fridge & light fixtures
- ☐ Clean table & chairs
- ☐ Wipe down furniture
- ☐ Dust & spot clean glass
- ☐ Empty & replace garbage
- ☐ Vacuum & Mop

BATHROOMS

- ☐ Clean counters, sink & cabinets
- ☐ Clean Mirror & light bar
- ☐ Polish fixtures
- ☐ Clean toilet inside & out
- ☐ Clean shower and/or bathtub
- ☐ Straighten or replace towels
- ☐ Check exhaust fan
- ☐ Clean walls & baseboards
- ☐ Empty & replace garbage

BEDROOMS

- ☐ Clean under the dressers
- ☐ Clean Mirror & light bar
- ☐ Dust
- ☐ Wipe down bed frames
- ☐ Straighten closets
- ☐ Straighten drawers
- ☐ Clean an blades
- ☐ Clean walls & baseboards
- ☐ Empty & replace garbage

SCHOOL AND PLAY ROOM

- ☐ Clear the table
- ☐ Clean out art caddy
- ☐ Dust
- ☐ Clean out school drawers
- ☐ Declutter toy bins
- ☐ Wash windows
- ☐ Clean walls & baseboards
- ☐ Empty & replace garbage



FLIP



HALLWAYS

- ☐ Walls and baseboards
- ☐ Vacuum
- ☐ Tidy shoes
- ☐ Vacuum mats

BEDROOM ONE

- ☐ Dust & disinfect
- ☐ Tidy
- ☐ Make bed
- ☐ Vacuum & mop

BEDROOM TWO

- ☐ Dust & disinfect
- ☐ Tidy
- ☐ Make bed
- ☐ Vacuum & mop

FAMILY ROOM

- ☐ Dust & disinfect
- ☐ Tidy
- ☐ Wipe down couches
- ☐ Vacuum & mop

LAUNDRY

- ☐ Clean mats
- ☐ Clean washer & dryer
- ☐ Tidy
- ☐ Empty & replace garbage
- ☐ Vacuum & mop

MASTER BEDROOM

- ☐ Dust & disinfect
- ☐ Tidy
- ☐ Make bed
- ☐ Vacuum & mop

Notes:

