



DATE:\_\_\_\_\_

Nº	ACTIVITIES	Ø
1	Dust all surfaces including shelves, furniture	
2	Clean mirrors and glass surfaces using a glass cleaner	
3	Vacuum carpets and area rugs	
4	Sweep and mop hard floors	
5	Clean and disinfect toilets, sinks, and showers	
6	Scrub and disinfect kitchen countertops and sinks	
7	Clean the kitchen appliances such as the stove, oven, fridge	
8	Wipe down cabinets and drawers in the kitchen, bathroom	
9	Clean and disinfect light switches, doorknobs	
10	Wash and change bed linens	
11	Dust blinds and window sills	
12	Clean windows inside and out	
13	Clean and disinfect garbage cans	
14	Vacuum furniture and upholstery	
15	Clean and disinfect pet areas	
16	Wipe down baseboards and molding	
17	Dust ceiling fans and light fixtures	
18	Clean and disinfect computer keyboards and screens	
19	Organize and declutter living spaces	
20	Sweep and tidy outdoor areas such as porches and patios	





DATE:\_\_\_\_\_

Nº	ACTIVITIES	Ø
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		