

LowCarbKaye's Clean House Challenge

July 2018

Day	Area	Task	Timer								✓
1	Whole House	Declutter	15m		15m		15m		15m		
2		Declutter	15m		15m		15m		15m		
3		Declutter	15m		15m		15m		15m		
4	Week 1 - Kitchen	Clear and clean kitchen counters									
5		Clean small appliances									
6		Purge and clean fridge & freezer									
7		Clean oven									
8		Clear and clean pantry	15m		15m		15m		15m		
9		Drawers & cupboards - empty, clean, purge	15m		15m		15m		15m		
10		Any uncompleted tasks	15m		15m		15m		15m		
11	Week 2 - Living Spaces	Clear all flat surfaces	15m		15m		15m		15m		
12		Dust corners, vents, light fixtures									
13		Deep vacuum – vacuum edges and under furniture									
14		Declutter and clean closets									
15		Clean windows and mirrors	15m		15m		15m		15m		
16		Any uncompleted tasks	15m		15m		15m		15m		
17		Clear surfaces and quick clean	15m		15m		15m		15m		
18	Week 3 - Bathrooms	Dust light fixtures									
19		Clean floors; dust baseboards and vents									
20		Bath 1: Tub, Toilet, Counter									
21		Clean/organize cabinets									
22		Bath 2: Tub, Toilet Counter									
23		Any uncompleted tasks	15m		15m		15m		15m		
24		Clear surfaces and quick clean	15m		15m		15m		15m		
25	Week 4 - Bedrooms	Thorough dusting of surfaces, lamps, and light fixtures									
26		Clean and Vacuum under beds									
27		Vacuum/wash baseboards									
28		Catch up on laundry/purge clothing									
29		Wash pillows									
30		Any uncompleted tasks	15m		15m		15m		15m		
31		Clear surfaces and quick clean	15m		15m		15m		15m		