

Area	Activity	Completed?
Kitchen	Clean Extractor Fan	
Kitchen	Thorough clean of Fridge (remove all shelves and wash)	
Kitchen	Thorough clean of Freezer	
Kitchen	Wipe skirting boards, kick boards, plug sockets	
Kitchen	Clean the top of kitchen cupboards	
Kitchen	Clean radiators	
Kitchen	Clean Skirting boards	
Lounge	Thorough clean of shelves	
Lounge	Wash cushion covers	
Lounge	Thorough clean of pictures / wall hangings	
Lounge	Clean radiators	
Lounge	Clean Skirting boards	
Main Bedrooms	Tidy bric-a-brac	
Main Bedrooms	Tidy up bedside drawers	
Main Bedrooms	Clean radiators	
Main Bedrooms	Clean Skirting boards	
Main Bedrooms	Shoe Repairs	
Guest Bedrooms	Clean radiators	
Guest Bedrooms	Clean Skirting boards	
Bathroom	De-scale shower head	
Bathroom	De-scale all taps	
Bathroom	Clean grouting	
Bathroom	Clean radiators	
Bathroom	Clean Skirting boards	
Dining Room	Clean Radiators	
Dining Room	Clean Skirting boards	
Dining Room	Thorough clean of table & chairs	
Dining Room	Tidy shelving	
Play Room	Clean Radiators	
Play Room	Clean Skirting boards	
Garage	Tidy up tools	

I need to do MORE cleaning...!

This isn't as bad as you think - I promise... if you are working both the [daily](#) and weekly checklists, then these few tasks, spread through the month will ensure that you keep a 'deep clean' feel about your home. So how do I manage this? As a single person, it was easier for me to have a day a month, when I deep cleaned the house. Once married, and now with children, I can't permit that amount of time, so my habits have had to change. Assuming always a 4 week month, I would concentrate on a room(s) per week, and this more deep clean shouldn't take, realistically more than an hour, children permitting.