

FALL

CLEANING

CHECKLIST



Dailies



- Make Beds
- Pick Up
- Wipe Counters
- Empy Dishwasher
- Laundry
- Sweep Kitchen

Weeklies



Vacuum - Su, T, Th

Dust - Mondays

Water Plants - Mondays

Toilets/Baths/Showers - Tuesdays

Windex Windows - Wednesdays

Deep Clean Kitchen - Thursdays

Floors - Fridays

Catch All - Saturday & a Monthly

Quarterlies



Steam Carpets

Clean Trashcans

Rugs

Dryer Vents

Vacuum all Furniture

Dust Blinds/Curtains

Walls

Garage

Outside Windows

Descal Shower Head/Pipes

Monthlies



Change A/C Filters

Wipe Ceiling Fixtures (lights, fans, vents, etc.)

Clean Baseboards

Oven & Appliances

Deodorize Mattress/Furniture

Dog Cleaned

October Hybrid Workouts

Heather

SUN	MON	TUE	WED	THU	FRI	SAT
					1 MM100: Workout 3 Core Inferno	2 Barre Blend: I Am Balanced Meditation
3 21 Day Fix: Day 7 Yoga Fix	4 9 Week Control Freak: Workout 3 Tabata Cardio	5 4 Weeks of Prep: Push	6 CIZE: Crazy 8's	7 A Little Obsessed: Day 1 Total Body Core	8 10 Rounds: Boxing Week 1, Legs	9 Beachbody Yoga Studio: AM Meditation with Bee
10 MM100: Workout 5 Freestyle Flow	11 21 Day Fix: Cardio	12 A Little Obsessed: Day 4 Cardio Core	13 645: Sample Workout	14 Lift4: Day 1 Chest and Back Circuit	15 Barre Blend: Week 1 Core Blend	16 Relaxation & Meditation: Meditation for a Busy Mind
17 3 Week Yoga Retreat: Day 2 Stretch	18 Barre Blend: Week 1 Booty Blend	19 21 Day Fix: PIYO Fix	20 Let's Get Up: Feel Good Workout	21 MM100: Workout 2 Upbeat Strength	22 10 Rounds: Boxing Week 2 Day 1	23 Barre Blend: I Am Positive Meditation
24 3 Week Yoga Retreat: Day 5 31 t25 Stretch	25 Lift4: Day 4 Lower Body 50/50	26 Clean Week: Day 6 Cardio	27 30 Day Breakaway: Day 1, Fat Blaster Ladders	28 mbf: Day 3 Upper Body Burn	29 Let's Get Up: Tone Up Workout	30 Piyo: Full Body Blast