FREE CHECKLIST

# Standard Clean checklist

Your everyday whole-home clean, room by room. Tick it off yourself, or hand it to us and take your weekends back.

## Kitchen

- [ ] Counters and backsplash wiped
- [ ] Sink and taps cleaned
- [ ] Stovetop wiped
- [ ] Microwave inside and out
- [ ] Appliance exteriors and cabinet handles wiped
- [ ] Table and chairs wiped
- [ ] Cobwebs removed
- [ ] Garbage emptied and relined
- [ ] Floors vacuumed and mopped

## Bathrooms (each one)

- [ ] Toilet cleaned and sanitized, inside and out
- [ ] Sink, counter and taps cleaned
- [ ] Mirror cleaned
- [ ] Shower and tub cleaned
- [ ] Garbage emptied and relined
- [ ] Floors vacuumed and mopped

## Living areas & bedrooms

- [ ] Surfaces within reach dusted
- [ ] Cobwebs removed
- [ ] Lamps, pictures and knick-knacks dusted
- [ ] Window sills and lock ledges dusted
- [ ] Light switches and door handles wiped
- [ ] Mirrors and glass spot-cleaned
- [ ] Blinds dusted
- [ ] Baseboards dusted
- [ ] Carpets vacuumed and hard floors mopped
- [ ] Stairs vacuumed
- [ ] Beds made
- [ ] Garbage emptied and relined

## Add-ons

*Want us to take any of these on? Add them to your clean, each at a flat rate.*

- [ ] Baseboards & trim (hand-washed)
- [ ] Door frames & doors (hand-washed)
- [ ] High dusting & vents
- [ ] Walls & switches (spot-cleaned)
- [ ] Cabinet fronts (top to bottom)
- [ ] Backsplash & grout (scrubbed)
- [ ] Stove & hood detail
- [ ] Fixture descaling (taps and chrome)
- [ ] Top of fridge (if reachable)
- [ ] Interior windows (inside glass)
- [ ] Inside oven
- [ ] Oven pull-out (behind and under)
- [ ] Inside fridge or freezer
- [ ] Dishes (washed or loaded)
- [ ] Bed linen change
- [ ] Patio tidy
- [ ] Garage sweep-out

## My own tasks

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

**Good to know:** Keep your rhythm (every week, every 2 weeks or every 4 weeks) and build-up never gets the chance to move in. Once or twice a year, a Deep Clean handles the slow-build spots.

**Rather leave it to us?** Tell us **"I want in"**: call or text **250-702-0496** · bettysbestcleaning.ca

Office hours Mon to Fri, 8am to 4pm

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