



= as much as you can in 30 minutes

## \* WEEK 3 \*

### Monday: LIVING ROOM



- ✓ Clean and polish windows and mirrors
- ✓ Dust skirting boards
- ✓ Tidy away everything doesn't belong
- ✓ Wash throws and pet bedding
- ✓ Hoover under the furniture
- ✓ If you have hard floors, mop the floors
- ✓ Hoover under the sofa cushions
- ✓ Give everything a really good dust

### Tuesday: BEDROOMS



- ✓ Hoover all bedrooms
- ✓ Dust all bedrooms
- ✓ Tidy away anything that doesn't belong
- ✓ Quick mine sweep under beds
- ✓ Change bedding

### Wednesday: ENTRANCE HALL & STAIRS



- ✓ Tidy away anything that doesn't belong
- ✓ Hoover stairs
- ✓ Hoover under furniture
- ✓ Clean windows and mirrors
- ✓ Dust everything, including the skirting boards

### Thursday: KITCHEN



- ✓ Clean inside of the microwave
- ✓ Mop floor
- ✓ Clean cooker top
- ✓ Empty crumbs out of the toaster
- ✓ Clean the splash-back behind hob
- ✓ Wipe down cupboard fronts
- ✓ Clean windows
- ✓ Dust blinds
- ✓ Give the sink a really good scrub
- ✓ Clean out the fridge
- ✓ Wipe down all working surfaces,
- ✓ Clean out cutlery drawer

### Friday: FOCUS >>> KITCHEN



- ✓ Clean oven
- ✓ Pick two or three cupboards. Empty them out, wipe them down and then put everything back neatly. Throw away any out of date food.
- ✓ Clean cupboard kick boards
- ✓ If they are removable, clean filters on the extractor fan above hob