#### HOME Checklist CLEANING

#### Hello and Welcome,

I'm so glad you're here! This free checklist is designed to help you take the stress out of home care with a simple, step-by-step system. Whether you're feeling overwhelmed, hold family members accountable, or just want more peace of mind, this checklist will guide you through the basics so you can enjoy a cleaner, fresher, and more welcoming home.

This starter checklist is just the beginning! Inside my **Complete Cleaning Checklist & Planner,** you'll find daily, weekly, and monthly routines that make it even easier to stay consistent, keep everyone in the home responsible for their part, and help you stay in total control or your organized home.

For now, start with this free guide, take it one step at a time, and celebrate your progress along the way. A clean home isn't about perfection—it's about creating a space where you can truly relax and thrive.

You've got this!

★ Christina Marie

Thank-you Christina Ditzel

### HOME Checklist CLEANING

KITCHEN & DINING	BATHROOM ONE
<ul> <li>□ DUST HIGH SHELVES &amp; TOPS OF         CABINETS</li> <li>□ DUST LIGHT fIXTURES &amp; ON TOP OF         FRIDGE</li> <li>□ CLEAN BACKSPLASH &amp; COUNTERS</li> <li>□ CLEAN/SHINE APPLIANCES &amp; SINK</li> </ul>	☐ CLEAN LIGHT FIXTURES AND MIRROR ☐ CLEAN COUNTERS, SINK & CABINETS ☐ POLISH FIXTURES ☐ CLEAN TOILET INSIDE & OUT ☐ CLEAN SHOWER AND/OR BATHTUB
LIVING ROOM  CLEAN CEILING FAN & LIGHT FIXTURES CLEAN WINDOWS AND PICTURES POLISH FURNITURE AND WIPE DOWN ALL SHELVES CLEAN TV, GAMES, TOYS, ELECTRONICS, ETC. WASH BLANKETS & PILLOWS	MASTER SUITE  CLEAN CEILING FAN & LIGHT FIXTURES CLEAN WINDOWS, & WINDOW SILLS CLEAN NIGHTSTAND & DRESSERS WIPE DOWN DOORS AND BASEBOARDS CLEAN SHEETS & MAKE BED
□ VACUUM SOFA & CHAIRS	MASTER BATH  CLEAN LIGHT FIXTURES AND MIRROR CLEAN COUNTERS, SINK & CABINETS CLEAN TOILET POLISH fIXTURES

PROVERBS 12:11

"A HARD WORKER HAS PLENTY OF FOOD, BUT A PERSON WHO CHASES FANTASIES HAS NO SENSE".

HALLWAYS	FAMILY ROOM  CLEAN CEILING FAN & LIGHT
<ul> <li>□ RAILING &amp; BANNISTER</li> <li>□ TIDY SHOES, COAT CLOSET, ETC.</li> <li>□ VACUUM/MOP STAIRS</li> <li>□ VACUUM MATS AND CLEAN/ORGANIZE</li> <li>ANYTHING NOT LISTED</li> </ul>	FIXTURES  CLEAN WINDOWS AND PICTURES  POLISH FURNITURE AND WIPE DOWN ALL SHELVES
BEDROOM TWO  CLEAN CEILING FAN & LIGHT  FIXTURES  CLEAN WINDOWS, & WINDOW SILLS  TIDY & ORGANIZE	☐ CLEAN TV, GAMES, TOYS, ELECTRONICS, ETC.
☐ CLEAN NIGHTSTAND & DRESSERS VACUUM & MOP	LAUNDRY ROOM  DUST CEILING & WALLS  WIPE DOWN WASHER & DRYER  ORGANIZE CLOTHES
BEDROOM THREE  ☐ CLEAN CEILING FAN & LIGHT FIXTURES ☐ CLEAN WINDOWS, & WINDOWSILLS ☐ CLEAN NIGHTSTAND & DRESSERS	☐ TIDY UP ☐ EMPTY & REPLACE GARBAGE ☐ VACUUM & MOP GUEST BEDROOM ☐ DUST & POLISH FURNITURE ☐ MAKE BED (CLEAN SHEETS ACCORDINGLY)
NOTES:	□ VACUUM & MOP
DAG	TE VOUD WEEKI V CHOOLOG

Thank You

CHRISTINA

AROMATHERAPY CLEANING & HOMEWATCH

DITZEL

RATE YOUR WEEKLY SUCCESS:



PROVERBS 31:27

SHE WATCHES OVER THE AFFAIRS OF HER HOUSEHOLD AND DOES NOT EAT



THE BREAD OF IDLENESS"

# Having a healthy routine in the morning helps you stay consistent, persistent, and active. You avoid laziness and gain energy and awareness. Stay focused and keep momentum. That is the only way to succeed. Routine

"Have a positive attitude and enjoy your day!"

Wake up early.

Make your bed.

Drink a glass of water. (Try for a gallon a day)

Stretch, do some light exercise & read Proverbs

Eat a nutritious breakfast.

Take a shower and get dressed.

Do morning chores and get organized.

Set goals and plan your day.

Remember: A proverb a day keeps the drama and evil away

Proverbs 20:13



Love not sleep, lest you come to poverty, open your eyes, and you will have plenty of bread

#### DAILY MAINTENANCE

CHOSE WHICH FAMILY MEMBER HAS WHICH CHORES, EACH DAY OF THE WEEK. AND LET THEM CHOOSE THE DAY. EVERYONE IS MORE LIKELY TO PARTICIPATE WHEN THEY GET TO MAKE DECISIONS AND FEEL LIKE THEY HAVE SOME CONTROL. ALLOW ONE DAY OR EVEN ONE WEEK PER MONTH TO TAKE TIME OFF. WOULD BE NICE IF YOU TOOK THIS TIME TO SPEND TIME TOGETHER, HAVE A MEETING OF THE MINDS, OR JUST ASK HOW EVERYONE IS FEELING ABOUT THE NEW ROUTINE

CHOOSE A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHORE CHOOSE A	wнo:	WHO:	WHO:	WHO:	WHO:	WHO:	OFF DAY
PROJECT NOT LISTED	WHO:	WHO:	WHO:	WHO:	WHO:	WHO:	
(EX: CLOSET,							
PANTRY, CABNETS,	A P	ROVER	B A DAY	KEEPS T	HE DIF	RT AWA	Y
DRAWERS, ETC.)	WHO:	WHO:	WHO:	WHO:	WHO:	WHO:	
	<b>WHO:</b>	WHO:	WHO:	WHO:	WHO:	WHO:	
	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	
	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	
	WHO:	WHO:	WHO:	WHO:	WHO:	WHO:	
	WHO:	WHO:	WHO:	WHO:	WHO:	WHO:	
	WHO:	WHO:	WHO:	WHO:	WHO:	WHO:	

PROVERBS 22.6



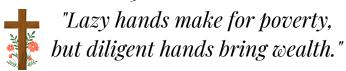
"TRAIN UP A CHILD IN THE WAY THEY SHOULD GO, AND WHEN THEY ARE OLD THEY WILL NOT TURN FROM IT."

#### Weekly Maintenance

Choose which family has which chores and let them choose the day. Remember everyone is more likely to participate when they get to make decisions and feel like they have some control.

Choose a	Monday	Tuesday	Wednesday	Thursday	Fiday	Saturday	Sunday
Project	WHO:	WHO:	WHO:	WHO:	WHO:	WHO:	WHO:
						1	1

Proverbs 10:5



#### Monthly Maintenance

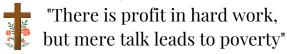
These are the things you will do to avoid deep cleaning every spring.

This helps to stay consistent.

Choose a project each month in this section

JANUARY						
FEBRUARY						
MARCH						
APRIL	TAKE T	HIS MON	NO SPI TH OFF TO	RING CLEA REWARD	LF & THE	FAMILY
MAY						
JUNE						
JULY						
AUGUST						
SEPTEMBER						
OCTOBER						
NOVEMBER						
DECEMBER	STAY IN	PRAVER	TAKE T AND MAY	HIS MONT	MILY RE B	LESSED
	CATTER III	THEFT	+ = 1 4 = 2 1 1 E 1 E 1 E 1		'passa 1714 1	

PROVERBS 14:23



# Checklist to do list schedule

To do list	Misc.												
0	0												
0	0												
0	0												
0	0												
0													
0	0												
Notes: "Never take on more work then any one man can handle".													



### Personal Notes

"Proverbs 16:33

"Commit your work to the Lord and your plans will succeed

Proverb 13:4

"The soul of the lazy man desires, and has nothing but the soul of the diligent shall be made rich"

## Personal Goals

"Proverbs 3:5-
----------------

"Trust in the lord with all your heart and lean not on your own understanding: in all your ways submit to him, and he will make your paths straight"

•	•	•	•	•	•	•	•	-	•	•	•	•	•			•	•	•		•	•	• •	•	•	• •	•	•	•	•	•	•	۰	• •	•	•	•	•	•	•	•	•	•	
		•			•			•					•	 				•	 				 •						 •	•			• •			•		•	•			•	-
		•						-						 					 																			•				•	-
											_				_								_																				_
		•		•	•		•	•			•	•	•			•	•	•		•	•		•	•			•	•	 •	•			• •		•	•		•	•		•	•	•
								-					•	 				•	 											•								•					

Proverb 31:25

"She is clothed with strength and dignity, and she laughs without fear of the future"