

# 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 of 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

- ☐ DUST HIGH SHELVES & TOPS OF CABINETS
- ☐ DUST LIGHT FIXTURES & ON TOP OF FRIDGE
- ☐ CLEAN BACKSPLASH & COUNTERS
- ☐ CLEAN/SHINE APPLIANCES & SINK

## 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
- ☐ VACUUM SOFA & CHAIRS

## BATHROOM ONE

- ☐ CLEAN LIGHT FIXTURES AND MIRROR
- ☐ CLEAN COUNTERS, SINK & CABINETS
- ☐ POLISH FIXTURES
- ☐ CLEAN TOILET INSIDE & OUT
- ☐ CLEAN SHOWER AND/OR BATHTUB

## MASTER SUITE

- ☐ CLEAN CEILING FAN & LIGHT FIXTURES
- ☐ CLEAN WINDOWS, & WINDOW SILLS
- ☐ CLEAN NIGHTSTAND & DRESSERS
- ☐ WIPE DOWN DOORS AND BASEBOARDS
- ☐ CLEAN SHEETS & MAKE BED

## 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".

## STAIRCASE & HALLWAYS

- ☐ RAILING & BANNISTER
- ☐ TIDY SHOES, COAT CLOSET, ETC.
- ☐ VACUUM/MOP STAIRS
- ☐ VACUUM MATS AND CLEAN/ORGANIZE ANYTHING NOT LISTED

## BEDROOM TWO

- ☐ CLEAN CEILING FAN & LIGHT
- ☐ FIXTURES
- ☐ CLEAN WINDOWS, & WINDOW SILLS
- ☐ TIDY & ORGANIZE
- ☐ CLEAN NIGHTSTAND & DRESSERS
- ☐ VACUUM & MOP

## BEDROOM THREE

- ☐ CLEAN CEILING FAN & LIGHT FIXTURES
- ☐ CLEAN WINDOWS, & WINDOWSILLS
- ☐ CLEAN NIGHTSTAND & DRESSERS

NOTES:

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## FAMILY ROOM

- ☐ CLEAN CEILING FAN & LIGHT FIXTURES
- ☐ CLEAN WINDOWS AND PICTURES
- ☐ POLISH FURNITURE AND WIPE DOWN ALL SHELVES
- ☐ CLEAN TV, GAMES, TOYS, ELECTRONICS, ETC.

## LAUNDRY ROOM

- ☐ DUST CEILING & WALLS
- ☐ WIPE DOWN WASHER & DRYER
- ☐ ORGANIZE CLOTHES
- ☐ TIDY UP
- ☐ EMPTY & REPLACE GARBAGE
- ☐ VACUUM & MOP

## GUEST BEDROOM

- ☐ DUST & POLISH FURNITURE
- ☐ MAKE BED (CLEAN SHEETS ACCORDINGLY)
- ☐ VACUUM & MOP

RATE YOUR WEEKLY SUCCESS:



*PROVERBS 31:27*

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



*THE BREAD OF IDLENESS"*

*Thank You*  
**CHRISTINA**  
AROMATHERAPY CLEANING & HOMEWATCH  
*DITZEL*

# Morning Routine

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.

"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

CHOOSE 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 CHORE CHOOSE A PROJECT NOT LISTED (EX: CLOSET, PANTRY, CABNETS, DRAWERS, ETC.)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WHO:	WHO:	WHO:	WHO:	WHO:	WHO:	WHO:	OFF DAY
WHO:	WHO:	WHO:	WHO:	WHO:	WHO:	WHO:	
A PROVERB A DAY KEEPS THE DIRT AWAY							
WHO:	WHO:	WHO:	WHO:	WHO:	WHO:	WHO:	
WHO:	WHO:	WHO:	WHO:	WHO:	WHO:	WHO:	
MORNING EVENING	MORNING EVENING	MORNING EVENING	MORNING EVENING	MORNING EVENING	MORNING EVENING	MORNING EVENING	
WHO:	WHO:	WHO:	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 Project	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	WHO:	WHO:	WHO:	WHO:	WHO:	WHO:	WHO:

*Proverbs 10:5*



*"Lazy hands make for poverty,  
but diligent hands bring wealth."*

# Monthly Maintenance

These are the things you will do to avoid deep cleaning every spring.  
This helps to stay consistent.

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Choose a project each month in this section

JANUARY							
FEBRUARY							
MARCH							
APRIL			NO SPRING CLEANING				
			TAKE THIS MONTH OFF TO REWARD YOURSELF & THE FAMILY				
MAY							
JUNE							
JULY							
AUGUST							
SEPTEMBER							
OCTOBER							
NOVEMBER							
DECEMBER			TAKE THIS MONTH OFF				
			STAY IN PRAYER AND MAY YOU AND YOUR FAMILY BE BLESSED				

PROVERBS 14:23



"There is profit in hard work,  
but mere talk leads to poverty"

# Checklist

TO DO LIST  
SCHEDULE

## To do list

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

## Misc.

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Notes : "Never take on more work then any one man can handle".

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Proverbs 2:11



"Wise choices will watch over you and understanding will keep you safe"



# Personal Notes

"Proverbs 16:33

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

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*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 3:5-6*

*"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"*

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*Proverb 31:25*



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