

# 8 Week Cleaning Challenge:

## Bedrooms!

- Depending on your flooring, vacuum or wash the floors
- Vacuum/Dust the Baseboards
- Dust All Surfaces, Wall Frames, Ceiling Fans/ Other Fans, and Screens (If there is a television/computer in the room)
- Clean Windows and Window Sills
- Dust Blinds
- Clean Your Mattress
- Wash All Bedding, Including Pillows and Stuffed Animals
- Organize Nightstands
- If the bedroom has a smaller closet, go ahead and organize it. Donate clothes that are no longer worn. If you have a larger, walk-in closet, we'll focus on that in an upcoming week of the challenge
- Organize Dresser Drawers
- Empty the Trash (If you have one in your room)
- Wash Rug(s)
- Dust/Clean Heating Vents & Cold Air Returns
- Disinfect Door Knobs & Light Switches