

# 8 Week Cleaning Challenge:

## Kitchen!

- Wash The Floor
- Wash The Counters
- Organize Your Cupboards
- Go Through Your Cookbooks and Recipes
- Go Through The Food In Your Pantry and Clean It Up
- Organize The Area Under Your Kitchen Sink
- Clean Your Garbage Disposal
- Thoroughly Clean Out and Wash Your Refrigerator
- Thoroughly Clean Out and Wash Your Freezer
- Wash Windows
- Dust Blinds
- Vacuum/Dust Baseboards
- Clean The Microwave
- Clean Your Oven and Stovetop
- Clean Your Coffee Maker/Keurig
- Clean Your Dishwasher
- Dust/Clean Heating Vents & Cold Air Returns