CHALLENGES

Spring Cleaning & Refresh

Work at your own pace. Tick off what you finish and leave the rest for another session.

Date: _____ | 31 tasks

Use a product suited to the surface and follow its label. Never mix cleaning products. Keep them away from children and pets.

01 / Week 1: Kitchen & Dining Area

- [ ] Day 1: Clean out and organize the refrigerator
- [ ] Day 2: Declutter and organize kitchen cabinets and drawers
- [ ] Day 3: Clean the oven and microwave
- [ ] Day 4: Wipe down countertops and clean the sink
- [ ] Day 5: Organize the pantry
- [ ] Day 6: Clean and organize the dining area
- [ ] Day 7: Rest day - Plan meals for the upcoming week

02 / Week 2: Bedrooms & Wardrobes

- [ ] Day 8: Declutter clothes
- [ ] Day 9: Organize the closet and drawers
- [ ] Day 10: Dust and clean furniture, light fixtures, and decor
- [ ] Day 11: Wash bedding, curtains, and other linens
- [ ] Day 12: Declutter and organize bedside tables
- [ ] Day 13: Vacuum or mop under the bed and furniture
- [ ] Day 14: Rest day - Reflect on wardrobe choices and any needed items

03 / Week 3: Living Room & Home Office

- [ ] Day 15: Declutter magazines, books, and knick-knacks
- [ ] Day 16: Organize entertainment units and electronic devices
- [ ] Day 17: Clean sofas and chairs; wash throws and pillows
- [ ] Day 18: Dust and clean surfaces, including shelves and decor
- [ ] Day 19: Organize desk and office supplies
- [ ] Day 20: Sort through paperwork, filing or shredding as needed
- [ ] Day 21: Rest day - Enjoy a clutter-free space, maybe indulge in a hobby

04 / Week 4: Bathrooms & Laundry Area

- [ ] Day 22: Declutter and organize cabinets and drawers
- [ ] Day 23: Clean the shower, tub, and toilet
- [ ] Day 24: Wash bath mats, shower curtains, and towels

- [ ] Day 25: Organize and declutter laundry supplies
- [ ] Day 26: Clean the washing machine and dryer
- [ ] Day 27: Sort through beauty products and toiletries, discarding expired items
- [ ] Day 28: Rest day - Enjoy a spa day at home with your favorite beauty products

05 / Week 5: Outdoor Spaces & Final Touches

- [ ] Day 29: Declutter and clean the garage or storage shed
- [ ] Day 30: Sweep and tidy up the porch, patio, or balcony
- [ ] Day 31: Reflect on the month's progress, make a list of any remaining tasks or projects for the future. Celebrate your hard work and plan for continuous improvement.

Notes & next steps

Continue in the Tidy app

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