

FlyLady's Detailed Cleaning List - Zone 1: The Entrance, Front Porch, and Dining Room

This is my detailed cleaning list for Zone 1. Ensure you adapt it to fit your home and family. If you are still decluttering, you are not ready for this whole list, concentrate on decluttering only! BabySteps! - FlyLady

Entrance Detailed Cleaning List:

Start at the ceiling and work your way down to the floor.

1. Clean cobwebs
2. Dust window sills and front door
3. Clean switch plate of hand prints and walls if needed
4. Put plants in to the shower and give them a good rinse. Let me set there until you are finished.
5. Dust furniture
6. Dust baseboards
7. Straighten the coat closet
8. Sweep vacuum or mop the floor
9. Put back the plants. You would hate for DH to walk into a jungle tomorrow morning. LOL
10. Add your own personal touches to make it more welcoming.

Dining Room Detailed Cleaning List

Start at the ceiling and work your way down to the floor.

1. Clean the cobwebs
2. Dust window sills
3. Clean the window
4. Clean doors of china cabinet after you straighten dishes if they need done. Dust
5. Clean and straighten any drawer
6. Clean off top of Dining table and Polish
7. Rinse plants in the shower
8. Dust the bottoms of the chairs.
9. Dust the baseboards
10. Move furniture and vacuum underneath (except the china cabinet) I turned mine over one time. It was not funny.
11. Add your own personal touches to the table (table cloth, pretty bowl, flowers)

Front Porch Detailed cleaning.

1. Sweep down cobweb and spider webs (In the summer, I leave them. I feed the spiders too LOL.)
2. Sweep off porch furniture.
3. Sweep the porch.
4. Throw away any dead plants.
5. Prune back unruly bushes from the entrance.
6. Repot planters if necessary (in summer)
7. Refill bird feeders.
8. Wipe off tables, banisters, and light fixtures.
9. Get rid of unwanted items.
10. Add your own personal touches to welcome friends and family (wreath, welcome mat, bell)

FlyLady's Detailed Cleaning List - Zone 2: The Kitchen

This week we are in Zone 2, our kitchens, This is my detailed cleaning list. Please print and add to your notebook. Copy and paste into a word document. Do not try to do this until you have decluttered your kitchen. Spend 15 minutes a day decluttering and then you can start doing some of your detailed cleaning. Do not worry about this. You have not done it in years and one more month isn't going to hurt anything. Toss out the clutter first. It will be easier to clean. - FlyLady

KITCHEN: DETAIL CLEANING LIST

1. EMPTY REFRIG/CLEAN THOROUGHLY
2. CLEAN MICROWAVE INSIDE AND OUT
3. CLEAN STOVE/OVEN
4. WASH CANISTER/KNICK-KNACKS
5. STRAIGHTEN DRAWERS/CUPBOARDS
6. WIPE FINGERPRINTS OFF WALLS
7. WASH INSIDE WINDOWS
8. CLEAN FAN/VENT-A-HOOD FILTERS AND HOOD
9. SCRUB DOWN CABINET FRONTS (only a few at a time)
10. CLEAN LIGHT DEFUSING BOWLS(GLASS GLOBES OVER LIGHT BULBS)
11. CLEAN UNDER SINK/THROW AWAY OLD RAGS
12. CLEAN PET DISHES

FlyLady's Detailed Cleaning List - Zone 3: The Bathroom and One Extra Room

This is FlyLady's Detailed Cleaning List for Zone 3. If your home is still cluttered, you are not supposed to do detailed cleaning yet, just declutter for 15 minutes a day in this area.

Do not get blown away by how big this detailed cleaning list is LOL! We do not do all of it in one week. Each month we focus on a different room, and only do just a little in the other rooms. After a few months it will be very easy! Baby steps! It did not get dirty overnight and it is not going to get clean in a day!

Print each room on a separate sheet of paper. Copy and paste into a word processing document. You may need to add a few of your own details that apply to your home

Bathroom Detailed Cleaning List

1. WASH AREA RUGS
2. SCRUB/WAX FLOOR
3. STRAIGHTEN DRAWERS/ CABINETS
4. CLEAN SHOWER STALL/ WAX (not the floor!)
5. WASH SHOWER DOOR
6. CLEAN MEDICINE CABINET
7. CLEAN SCALE
8. THROW AWAY EMPTY BOTTLES

Extra Bedroom Detailed Cleaning List

1. POLISH FURNITURE
2. STRAIGHTEN DRAWERS/ CLOSET
3. CLEAN COBWEBS
4. WASH MATTRESS PAD/ DUST RUG
5. FLIP MATTRESS
6. WASH CURTAINS
7. WASH WINDOWS
8. CLEAN WINDOW
9. CLEAN BATH TUB
10. CLEAN TOP OF SEWING MACHINE
11. STRAIGHTEN BOOKCASE
12. STRAIGHTEN COMPUTER DESK
13. CLEAN OUT THE CLOSET
14. PUT AWAY STRAY ITEMS
15. FERTILIZE PLANTS

Children's Bathroom Detailed Cleaning List

1. WASH AREA RUGS
2. SWEEP/ SCRUB/ WAX FLOOR
3. STRAIGHTEN DRAWERS/ CABINETS
4. CLEAN SHOWER/ TUB STALL
5. WASH SHOWER DOOR
6. SCRUB BATH TOYS
7. WASH DOWN OUTSIDE OF TOILET
8. THROW AWAY EMPTY BOTTLES

Children's Bedrooms Detailed Cleaning List

1. POLISH FURNITURE
2. STRAIGHTEN DRAWERS/ CLOSET
3. CLEAN COBWEBS
4. WASH MATTRESS PAD/ DUST RUG
5. FLIP MATTRESSES
6. WASH CURTAINS
7. CLEAN WINDOW
8. STRAIGHTEN TOY SHELVES
9. CLEAN UNDER THE BED
10. CLEAN OUT THE CLOSET
11. PUT AWAY STRAY ITEMS
12. SORT OUT-GROWN CLOTHES
13. VACUUM UNDER BED/ CLOSETS
14. DUST BASEBOARDS
15. CLEAN FINGERPRINTS OFF DOOR/ WALLS
16. REARRANGE VIDEOS/ GAMES/ BOOKS

Office Detailed Cleaning List

1. CLEAR OFF THE SURFACE OF YOUR DESK
2. THROW AWAY PENS THAT DON'T WORK
3. SHARPEN PENCILS
4. THROW OUT ALL THE TRASH
5. PUT ITEMS TO KEEP IN A PENDING FILE FOR WED (desk day)
6. DO NOT STOP TO PAY BILLS
7. STRAIGHTEN ONE DRAWER AT A TIME
8. TOSS OUT OLD RECEIPTS FROM OVER 7 YEARS
9. CLEAN OFF THE MONITOR SCREEN
10. FILL PRINTER CADDY WITH PAPER
11. ESTABLISH A PLACE FOR CURRENT BILLS
12. VACUUM UNDER DESK AND THE WHOLE ROOM
13. DUST FURNITURE

14. CLEAN WINDOWS
15. REMOVE COBWEBS
16. CHECK SUPPLIES OF PAPER AND PRINTER CARTRIDGES
STAMPS AND ENVELOPES

Laundry Room Detailed Cleaning List

1. WIPE DOWN THE TOP OF THE WASHER AND DRYER
2. CLEAN THE GUNK FROM UNDER THE WASHER LID
3. THROW OUT EMPTY BOTTLES AND BOXES
4. EMPTY THE GARBAGE CAN
5. CHECK SUPPLIES OF LAUNDRY DETERGENT, SOFTENER,
SPOT REMOVER
6. SWEEP AND MOP THE FLOOR
7. REMOVE THE COBWEBS
8. PUT AWAY ALL CLOTHES
9. LOOK BEHIND APPLIANCES FOR ODD SOCKS

FlyLady's Detailed Cleaning List - Zone 4: The Master Bedroom

This is my example for my bedroom, bathroom and closet. Adapt to fit your family. Copy and edit and print for your notebook/control journal.

*Keep in mind, if you have not decluttered this area, don't even think about doing any of this, until the clutter is gone. It has been dirty for a very long time, work on the clutter first, then the detailed cleaning is a piece of cake.
- FlyLady*

MASTER BATHROOM - DETAILED CLEANING

1. WASH RUGS
2. STRAIGHTEN UP MAKEUP
3. STRAIGHTEN DRAWER/CABINETS
4. CLEAN SHOWER STALL/DEMOLD
5. WASH SHOWER DOORS

MASTER BEDROOM - DETAILED CLEANING

1. POLISH FURNITURE
2. CLEAN OFF THE DESKS
3. CLEAN COBWEBS
4. WASH MATTRESS PAD/DUST RUFFLE
5. FLIP MATTRESS
6. EMPTY TRASH
7. WASH WINDOWS
8. CULL SOME BOOKS FROM BOOKCASE
9. STRAIGHTEN DRAWERS
10. CLEAN UNDER THE BED

CLOSET - DETAILED CLEANING

1. STRAIGHTEN THE TOP SHELVES
2. ARRANGE THE SHOES
3. TAKE SUITCASES TO BASEMENT
4. DUST SHOE BOOKCASE

FlyLady's Detailed Cleaning List - Zone 5: The Living Room, Family Room, or Den

This is my detailed cleaning list example for my Living Room. Adapt it to fit your family. Start at the top and work your way down to the floor: cleaning from Cobwebs to Dust Bunnies!

Now, don't even touch this list if you have not decluttered this room first. Then you can start working on the detailed cleaning jobs that perhaps you haven't done in weeks or maybe years! Do not get overwhelmed by this list! Do not expect to get it all done this month. Print the list out for your planner. I keep the list in sheet protectors. Then I can mark off what I have done with a hi-lighter.

ZONE 5: LIVING ROOM/ FAMILY ROOM/ DEN

1. CLEAN COBWEBS
2. CLEAN WINDOWS
3. STRAIGHTEN BOOKCASES
4. WASH ORNAMENTS AND WHAT-KNOTS
5. CLEAN OUT END TABLE
6. STRAIGHTEN CLOSETS/ DRAWERS
7. WIPE FINGERPRINTS FROM WALLS
8. POLISH FURNITURE
9. CLEAN OUT MAGAZINE RACKS
10. CLEAN PHONE
11. CLEAN UNDER CUSHIONS
12. CLEAN OUT FIREPLACE
13. MOVE FURNITURE AND VACUUM
14. SHAMPOO CARPET

If you have a family room, game room, sun porch, or other room that is used by the family for living purposes, then concentrate on decluttering one room each month (or as you find more time). Do not push yourself. They did not get cluttered in one month and they will not get clean in one week. Remember: baby steps. If you are unable to do any task, just delete it and go to the next one. Do not save them up. We will repeat the same thing each week and each month. I am just your reminder. - FlyLady