

Regular Cleaning Checklist

Living Room and Dining Area	Bedrooms
<ul style="list-style-type: none"> ✓ Remove cobwebs. ✓ Dust all surfaces. ✓ Clean mirrors. ✓ Wipe down table surfaces and flat surfaces. ✓ Clean hallway and staircase. ✓ Sweep and mop hard floors or vacuum carpets. ✓ Quick declutter and tidy-up of surfaces. ✓ Clean window sills. ✓ Clean switches, ensuring high-touch areas are sanitized. ✓ Clean doors and frames. 	<ul style="list-style-type: none"> ✓ Remove cobwebs ✓ Dust all surfaces. ✓ Clean mirrors to a streak-free shine. ✓ Wipe down bedside tables or other furniture surfaces. ✓ Vacuum carpets, including under furniture (if applicable). ✓ Make the beds (Changing sheets if required) ✓ Tidy up any clutter left on surfaces. ✓ Clean window sills. ✓ Clean switches, sanitizing high-touch areas. ✓ Clean skirting boards, doors, and frames. ✓ Empty bins.
Bathrooms and Toilets	Kitchen
<ul style="list-style-type: none"> ✓ Remove cobwebs ✓ Dust all surfaces ✓ Clean and disinfect the toilet, including the base and behind. ✓ Wipe down cabinet and drawer exteriors. ✓ Clean vanity and counters. ✓ Scrub and clean the shower or tub. ✓ Quick declutter and tidy-up of towels and mats. ✓ Clean mirrors. ✓ Clean window sills, removing any dirt or debris. ✓ Clean switches, ensuring sanitization. ✓ Clean skirting boards, doors, and frames. ✓ Sweep, mop, and sanitize floors. ✓ Empty bins. 	<ul style="list-style-type: none"> ✓ Remove cobwebs ✓ Dust all surfaces ✓ Clean and disinfect all countertops. ✓ Wipe cupboard and drawer exteriors. ✓ Clean appliance exteriors (e.g., fridge, microwave, oven). ✓ Scrub and clean stovetops, including burners and grates. ✓ Clean sink and faucet thoroughly. ✓ Vacuum and mop floors. ✓ Quick declutter and tidy-up of any loose items. ✓ Clean window sills, ensuring all edges are spotless. ✓ Clean switches, wiping down high-touch areas. ✓ Clean doors and frames. ✓ Empty bins.



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Add-ons	Contact Information
<ul style="list-style-type: none">+ Interior cleaning of range hood filters and oven+ Interior cleaning of cupboards and drawers+ Cleaning of interior windows including complete joinery+ Cleaning of exterior windows including complete joinery+ Full ceiling cleaning+ Professional carpet shampooing+ Interior cleaning of freeze/freezer+ Interior cleaning of dishwasher+ Comprehensive exterior house washing+ Thorough garage cleaning+ Heavy duty cleaning	<p>Website:  www.cleaningdoctor.co.nz</p> <p>Email:  info@cleaningdoctor.co.nz</p> <p>Phone:  0800 555 440</p>