



# 30 Day House Cleaning Challenge

## Day 28 Checklist – Email & Phone Cleanup

### DAILY TASKS

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Make Beds              | <input type="checkbox"/> wipe kitchen counters                       | <input type="checkbox"/> Dust furniture      |
| <input type="checkbox"/> Wipe bathroom counters | <input type="checkbox"/> Do the dishes                               | <input type="checkbox"/> Quick house pick-up |
| <input type="checkbox"/> Swish toilets          | <input type="checkbox"/> Wipe down sink                              | <input type="checkbox"/> Sweep and mop       |
| <input type="checkbox"/> One load of laundry    | <b><i>(Balcony tasks are included in the Day 28 action plan)</i></b> |  |

### DAY 28 ACTION PLAN

- |   |                                |
|---|--------------------------------|
| <input type="checkbox"/> Click 'before' pictures  |                                |
| <input type="checkbox"/> *Wash bed linen  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Declutter  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Quick Dusting  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Wipe down surfaces   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Tidy balcony rack  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sweep and mop floors   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> *Clean out Inbox   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> *Clean up phone  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Click 'after' pictures   |                                |
| <input type="checkbox"/> Reward yourself _____  |                                |
| <input type="checkbox"/> Share your Day 28 progress with us at the <a href="#">Facebook support group</a> along with the hashtag <b>#HCCday28</b> |                                |

**NOTE: \* represents monthly tasks**