



MESSY HOUSE BOOTCAMP

Monday: LIVING ROOM

- ✓ Declutter
- ✓ Clean windows and mirrors
- ✓ Wash throws and pet bedding
- ✓ Dust everything
- ✓ Clean skirting boards
- ✓ Vacuum under sofa cushions
- ✓ Vacuum under the furniture
- ✓ Mop if applicable

Tuesday: BEDROOMS

- ✓ Declutter
- ✓ Have a makeup/toy cull
- ✓ Clean windows and mirrors
- ✓ Vacuum and flip mattress
- ✓ Dust everything
- ✓ Clean skirting boards
- ✓ Vacuum
- ✓ Change bedding

Wednesday: ENTRANCE HALL & STAIRS

- ✓ Declutter
- ✓ Clothes and shoes cull
- ✓ Clean windows and mirrors
- ✓ Dusting everything
- ✓ Clean bannisters and skirting boards
- ✓ Vacuum under furniture

Thursday: KITCHEN

- ✓ Empty crumbs from toaster
- ✓ Clean out cutlery drawer
- ✓ Clean out fridge
- ✓ Dust blinds
- ✓ Clean windows
- ✓ Clean microwave
- ✓ Clean down tiles
- ✓ Clean oven and hob
- ✓ Clean all worktops
- ✓ Clean Cupboard fronts
- ✓ Clean kickboards
- ✓ Vacuum and mop

Friday: BATHROOMS

- ✓ Dust extractor fan
- ✓ Clean out cabinets
- ✓ Clean shower curtain/give the shower screen a good scrub
- ✓ Clean wall tiles
- ✓ Clean windows and mirrors
- ✓ Scrub the toilet, shower, bath and sink
- ✓ Clean Floor (paying particular attention to the floor around the loo)
- ✓ Wash bathmat

