

# Zone Detail Cleaning

You will never have to spring clean again!

For years we have cleaned our homes with the classic Stash and Dash method. You know the drill; your mother is coming to visit so you spend two days stuffing clutter under beds, in closets and in the basement. Your home looks good for just a few days, but please don't open a closet door; it could be hazardous to your health. Then after your company leaves, you can't find anything. The stress grows in comparison to your guilt. I want all of this to stop.

With your Routines and Weekly Home Blessing Hour to help you maintain the surface clutter, your zone detail cleaning will help you clear out the hidden clutter and those little jobs that you put off until you can't stand it any longer.

The beauty of breaking our home into zones is that we nip our perfectionism in the bud. We will never have to spring clean again in order to make the whole house look good. That process is so overwhelming that we have not done it in a long time. Sending just a few minutes clearing clutter in your zone is all it takes to put the icing on your cake. After doing about three months of Zone Detail Cleaning your home will be shining. You may never see dirt again.

Here is how we do this. Look at your calendar. There are parts of five weeks that make up a month.

Monthly Calendar Example for Zones								
		Sun	Mon	Tue	Wed	Thu	Fri	Sat
Zone 1	Entrance				1	2	3	4
Zone 2	Kitchen	5	6	7	8	9	10	11
Zone 3	Bathroom	12	13	14	15	16	17	18
Zone 4	M.Bedroom	19	20	21	22	23	24	25
Zone 5	Livingroom	26	27	28	29	30		

Zone 1: Entrance, Front porch and Dining Room

Zone 2: Kitchen

Zone 3: Main Bathroom and another room; Laundry, Office, Child's Room

Zone 4: Master Bedroom, Master Closet and Master Bathroom

Zone 5: Living Room, Family Room, Play Room, or Den.

# Zone 1 Detailed Cleaning List Sheet Protector

## Entrance Detailed Cleaning List

Start at the ceiling and work down to the floor.

- Clean cobwebs
- Dust window sills and front door
- Clean switch plates of hand prints and walls if needed
- Put plants in to the shower and give them a good rinse.
- Dust furniture
- Dust baseboards
- Straighten the coat closet
- Sweep vacuum or mop the floor
- Put back the plants.
- Add your own welcoming touches

## Dining Room Detailed Cleaning List

Start at the ceiling and work down to the floor

- Clean the cobwebs
- Dust window sills
- Clean the window
- Clean doors of china cabinet after you straighten the dishes
- Dust the furniture
- Clean and straighten any drawer
- Clean off top of Dining table and Polish
- Rinse plants in the shower
- Dust the bottoms of the chairs.
- Dust the baseboards
- Move furniture: vacuum underneath(except the china cabinet: too top heavy)
- Add personal touches to the table(table cloth, pretty bowl, flowers)
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- \_\_\_\_\_
- \_\_\_\_\_

## Front Porch Detailed Cleaning List Sheet Protector

- Sweep down cobweb and spider webs
- Sweep off porch furniture
- Sweep the porch.
- Throw away any dead plants; Repot planters ( in summer)
- Prune back unruly bushes from the entrance.
- Refill bird feeders.
- Wipe of tables, banisters, and light fixtures.
- Get rid of unwanted items.
- Add your own personal welcoming touches ( wreath, mat or bell)
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- \_\_\_\_\_
- \_\_\_\_\_

## Zone 2 Detailed Cleaning List Sheet Protector

### Kitchen Detailed Cleaning List

- Empty Refrigerator/Clean Thoroughly
- Clean Microwave Inside And Out
- Clean Stove/Oven
- Wash Canister/Knick-Knacks
- Straighten Drawers/Cupboards (one at a time)
- Wipe Fingerprints Off Walls and Switch Plates
- Wash Inside Windows
- Clean Fan/Vent-A-Hood Filters And Hood
- Scrub Down Cabinet Fronts (Only A Few At A Time)
- Clean Light Defusing Bowls(Glass Globes Over Light Bulbs)
- Clean Under Sink/Throw Away Old Rags and grocery sacks
- Clean Pet Dishes
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# Zone 3 Detailed Cleaning List

Sheet Protector

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

## Bathroom Detailed Cleaning List

- Wash Area Rugs
- Scrub/Wax Floor
- Straighten Drawers/ Cabinets
- Clean Shower Stall/ Wax (Not The Floor!)
- Wash Shower Door
- Clean Medicine Cabinet
- Clean Scale
- Throw Away Empty Bottles
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- \_\_\_\_\_

## Extra Bedroom Detailed Cleaning List

- Polish Furniture
- Straighten Drawers/ Closet
- Clean Cobwebs
- Wash Mattress Pad/ Dust Rug
- Flip Mattress
- Wash Curtains
- Wash Windows
- Clean Window
- Straighten Bookcase
- Clean Out The Closet
- Put Away Stray Items
- Fertilize Plants
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- \_\_\_\_\_

## Zone 3

Sheet Protector

### Children's Bathroom Detailed Cleaning List

- Wash Area Rugs
- Sweep/ Scrub/ Wax Floor
- Straighten Drawers/ Cabinets
- Clean Shower/ Tub Stall
- Wash Shower Door
- Scrub Bath Toys
- Wash Down Outside Of Toilet
- Throw Away Empty Bottles
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- \_\_\_\_\_
- \_\_\_\_\_

### Children's Bedrooms Detailed Cleaning List

- Polish Furniture
- Straighten Drawers/ Closet
- Clean Cobwebs
- Wash Mattress Pad/ Dust Rug
- Flip Mattresses
- Wash Curtains
- Clean Window
- Straighten Toy Shelves
- Clean Under The Bed
- Clean Out The Closet
- Put Away Stray Items
- Sort Out-Grown Clothes
- Vacuum Under Bed/ Closets
- Dust Baseboards
- Clean Fingerprints Off Door/ Walls
- Rearrange Videos/ Games/ Books
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- \_\_\_\_\_
- \_\_\_\_\_

## Zone 3

Sheet Protector

### Office Detailed Cleaning List

- Clear Off The Surface Of Your Desk
- Throw Away Pens That Don't Work
- Sharpen Pencils
- Throw Out All The Trash
- Put Items To Keep In A Pending File For Wed (Desk Day)
- Do Not Stop To Pay Bills
- Straighten One Drawer At A Time
- Toss Out Old Receipts From Over 7 Years
- Clean Off The Monitor Screen
- Fill Printer Caddy With Paper
- Establish A Place For Current Bills
- Vacuum Under Desk And The Whole Room
- Dust Furniture
- Clean Windows
- Remove Cobwebs
- Check Supplies; Checks, Paper, Ink Cartridges, Stamps, Envelopes
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### Laundry Room Detailed Cleaning List

- Wipe Down The Top Of The Washer And Dryer
- Clean The Gunk From Under The Washer Lid
- Throw Out Empty Bottles And Boxes
- Empty The Garbage Can
- Check Supplies Of Laundry Detergent, Softener, Spot Remover
- Sweep And Mop The Floor
- Remove The Cobwebs
- Put Away All Clothes
- Look Behind Appliances For Odd Socks
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## **Zone 4: Detailed Cleaning List**    Sheet Protector

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 List**

- Wash Rugs
- Straighten Up Makeup
- Straighten Drawer/Cabinets
- Clean Shower Stall
- Wash Shower Doors
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- \_\_\_\_\_

### **Master Bedroom Detailed Cleaning List**

- Polish Furniture
- Clean Off The Desks
- Clean Cobwebs
- Wash Mattress Pad/Dust Ruffle
- Flip Mattress
- Empty Trash
- Wash Windows
- Cull Some Books From Bookcase
- Straighten Drawers
- Clean Under The Bed
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- \_\_\_\_\_
- \_\_\_\_\_
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## Zone 4

Sheet Protector

### Master Closet Detailed Cleaning List

- Straighten The Top Shelves
- Arrange The Shoes
- Put Suitcases away
- Get rid of some clothes that don't fit.
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- \_\_\_\_\_
- \_\_\_\_\_
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## Zone 5: Detailed Cleaning List Sheet Protector

### Living Room/ Family Room/ Den Detailed Cleaning List

- Clean Cobwebs
- Clean Windows
- Straighten Bookcases
- Wash Ornaments And What-Knots
- Clean Out End Table
- Straighten Closets/ Drawers
- Wipe Fingerprints From Walls
- Polish Furniture
- Clean Out Magazine Racks
- Clean Phone
- Clean Under Cushions
- Clean Out Fireplace
- Move Furniture And Vacuum
- Shampoo Carpet
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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: BabySteps. If you are unable to do Any task, just skip it and go to the next one. Do not save them up.

- FlyLady

