Kept Shiny

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Cleaning Supplies List

30 tasks across 5 zones take about 3 h 48 min total; start in the kitchen and work toward Living areas, the longest zone at 53 min.

Kitchen — 48 min

- [ ] **Wipe down countertops** — 5 min
  Use a pH-neutral cleaner on stone counters or diluted dish soap on laminate, applied with a damp microfiber cloth.
  > Avoid vinegar or lemon juice on granite or marble because acids etch natural stone.
- [ ] **Degrease the stovetop** — 8 min
  Spray a mix of warm water and a few drops of dish soap, let sit 2 minutes, then wipe with a cloth.
- [ ] **Clean the microwave interior** — 6 min
  Heat a bowl of water with a splash of vinegar for 3 minutes, then wipe loosened splatters with a cloth.
- [ ] **Disinfect the sink** — 7 min
  Scrub with baking soda and a wet brush, rinse, then wipe with a diluted bleach solution of 1 tablespoon per gallon of water.
  > Rinse the sink fully before applying the bleach solution so it does not mix with leftover soap.
- [ ] **Clean the refrigerator shelves** — 10 min
  Remove shelves, wash with warm soapy water, dry, then replace.
- [ ] **Mop the kitchen floor** — 12 min
  Use a floor cleaner suited to the flooring type, following label dilution, and mop in sections.

Bathroom — 39 min

- [ ] **Scrub the toilet bowl** — 6 min
  Apply a toilet bowl cleaner, let sit 5 minutes, then scrub with a toilet brush and flush.
- [ ] **Clean the shower and tub** — 12 min
  Spray a bathroom cleaner, let sit, scrub tile and grout with a brush, then rinse thoroughly.
- [ ] **Wipe down the mirror** — 4 min
  Spray vinegar diluted with water and wipe with a lint-free cloth for a streak-free finish.
- [ ] **Disinfect the sink and faucet** — 5 min
  Wash with dish soap, rinse, then wipe with a diluted bleach solution to disinfect.
  > Rinse away soap residue completely before using the bleach solution.
- [ ] **Clean the floor** — 8 min
  Sweep first, then mop with a diluted all-purpose cleaner.
- [ ] **Empty and wipe trash bins** — 4 min
  Rinse bins with soapy water and dry before replacing the liner.

Living areas — 53 min

- [ ] **Dust surfaces and shelves** — 10 min
  Use a dry microfiber cloth, working from top to bottom.
- [ ] **Clean the TV screen** — 3 min
  Wipe with a dry microfiber cloth, or slightly damp if needed.
  > Avoid spraying liquid cleaner directly on the screen as it can seep into the edges.
- [ ] **Vacuum upholstery and rugs** — 15 min
  Use the upholstery attachment on furniture, then vacuum rugs in slow overlapping passes.
- [ ] **Clean glass tabletops** — 5 min
  Spray diluted vinegar and wipe with a lint-free cloth.
- [ ] **Wipe light switches and doorknobs** — 5 min
  Use a cloth dampened with diluted dish soap solution.
- [ ] **Vacuum floors or carpets** — 15 min
  Work in slow, overlapping rows for even coverage.

Bedrooms — 52 min

- [ ] **Dust furniture and frames** — 8 min
  Use a dry microfiber cloth on dressers, nightstands and picture frames.
- [ ] **Wash and change bedding** — 10 min
  Strip sheets and pillowcases and launder according to the fabric care label.
- [ ] **Vacuum mattress surface** — 6 min
  Use the upholstery attachment to remove dust and debris from the mattress top.
- [ ] **Clean windows and sills** — 10 min
  Wipe sills with a damp cloth, then clean glass with diluted vinegar.
- [ ] **Vacuum floor or carpet** — 10 min
  Vacuum in overlapping passes, moving furniture if possible.
- [ ] **Organize closet items** — 8 min
  Wipe closet shelves with a damp cloth before replacing folded items.

Utility and entryway — 36 min

- [ ] **Wipe down the washing machine** — 8 min
  Clean the drum and door seal with a cloth dampened with diluted vinegar.
- [ ] **Clean the dryer lint trap** — 3 min
  Remove lint by hand and wipe the trap with a dry cloth.
- [ ] **Flush PVC drain pipes** — 5 min
  Run hot tap water through the pipe to help clear buildup.
  > Avoid boiling water on PVC pipes as it can soften or warp the plastic.
- [ ] **Sweep and mop the entryway floor** — 10 min
  Sweep debris first, then mop with a diluted all-purpose cleaner.
- [ ] **Wipe down shoe racks and hooks** — 5 min
  Use a cloth dampened with diluted dish soap solution.
- [ ] **Clean entry door and handle** — 5 min
  Wipe with a damp cloth, then disinfect the handle with a diluted bleach solution.
  > Rinse the handle with plain water before applying the bleach solution.