

# 28-DAY

## SPRING CLEANING CHALLENGE

<input checked="" type="checkbox"/> DAY 0 <b>PRINT</b> <small>SPRING CLEANING</small> <b>CHECKLIST</b>	<input type="checkbox"/> DAY 1 <b>BED</b> <small>PILLOWS</small>	<input type="checkbox"/> DAY 2 <b>AIR</b> <b>VENTS</b> <small>&amp; FILTER</small>	<input type="checkbox"/> DAY 3 <b>WIPE</b> <b>DOWN</b> <small>WALLS</small>	<input type="checkbox"/> DAY 4 <b>ALL</b> <small>LIGHT</small> <b>FIXTURES</b>	<input type="checkbox"/> DAY 5 <b>CLOSET</b> <small>SHELVES</small> <b>&amp; FLOORS</b>
<input type="checkbox"/> DAY 6 <b>BLINDS</b> <b>AND</b> <small>SHUTTERS</small>	<input type="checkbox"/> DAY 7 <b>LIGHT</b> <small>SWITCHES &amp; DOOR</small> <b>HANDLES</b>	<input type="checkbox"/> DAY 8 <b>RANGE</b> <b>HOOD</b> <small>&amp; VENTS</small>	<input type="checkbox"/> DAY 9 <b>ALL</b> <b>BASE-</b> <b>BOARDS</b>	<input type="checkbox"/> DAY 10 <b>KITCHEN</b> <b>TRASH</b> <b>CANS</b>	<input type="checkbox"/> DAY 11 <small>UNDER AREA</small> <b>RUGS</b> <b>&amp; MATS</b>
<input type="checkbox"/> DAY 12 <b>DISHWASHER</b> <b>SEAL &amp;</b> <small>DISPENSER</small>	<input type="checkbox"/> DAY 13 <b>WASHING</b> <b>MACHINE</b> <small>&amp; DISPENSER</small>	<input type="checkbox"/> DAY 14 <b>CEILING</b> <b>FAN</b> <small>BLADES</small>	<input type="checkbox"/> DAY 15 <b>COUCH</b> <b>AND</b> <b>CUSHIONS</b>	<input type="checkbox"/> DAY 16 <small>MICROWAVE</small> <b>INSIDE</b> <b>AND</b> <b>OUT</b>	<input type="checkbox"/> DAY 17 <b>UNDER</b> <small>BEDS &amp;</small> <b>DRESSERS</b>
<input type="checkbox"/> DAY 18 <b>PANTRY</b> <b>AND</b> <small>CUPBOARDS</small>	<input type="checkbox"/> DAY 19 <small>WIPE DOWN</small> <b>KITCHEN</b> <b>CABINETS</b> <small>&amp; DOORS</small>	<input type="checkbox"/> DAY 20 <b>FLIP</b> <small>&amp; ROTATE</small> <small>MATTRESSES</small>	<input type="checkbox"/> DAY 21 <b>SHOWER</b> <b>HEAD</b> <small>&amp; CURTAIN</small>	<input type="checkbox"/> DAY 22 <small>KITCHEN</small> <b>UTENSIL</b> <small>DRAWER</small>	<input type="checkbox"/> DAY 23 <small>KITCHEN</small> <b>SINK</b> <small>&amp; FAUCET</small>
<input type="checkbox"/> DAY 24 <b>FRIDGE</b> <small>SHELVES</small> <small>&amp; DOOR</small> <b>SEAL</b>	<input type="checkbox"/> DAY 25 <b>STOVE</b> <b>GRATES</b>	<input type="checkbox"/> DAY 26 <b>DINING</b> <b>ROOM</b> <small>CHAIRS</small>	<input type="checkbox"/> DAY 27 <b>INSIDE</b> <b>OVEN</b>	<input type="checkbox"/> DAY 28 <b>UNDER</b> <small>ALL</small> <small>FURNITURE</small>	