

Monthly Cleaning Checklist

Built for deeper recurring cleaning that is easy to forget: vents, fans, grout, bins, appliance interiors, storage shelves, and expired household items.

FORMAT

Printable PDF checklist

CATEGORY

Cleaning

EDITABLE ONLINE

<https://printablelistmaker.com/monthly-cleaning-checklist/>

Checklist

- ☐ 1. Wash trash cans, recycling bins, and laundry hampers
- ☐ 2. Dust ceiling fans, vents, baseboards, blinds, and high shelves
- ☐ 3. Clean oven door, range hood filter, microwave interior, and fridge shelves
- ☐ 4. Scrub shower grout, drains, tub edges, and bathroom storage
- ☐ 5. Vacuum under furniture, cushions, mattresses, and appliance edges
- ☐ 6. Wipe cabinet fronts, pantry shelves, medicine cabinets, and closet floors
- ☐ 7. Check expired pantry, fridge, freezer, medicine, and cleaning items
- ☐ 8. Reset one storage zone such as linen closet, entryway, or utility shelf

Planning note

Built for deeper recurring cleaning that is easy to forget: vents, fans, grout, bins, appliance interiors, storage shelves, and expired household items.

Tips

Separate monthly tasks from weekly resets

Weekly cleaning handles visible mess and high-use rooms. Monthly cleaning is for slower-build tasks like vents, fans, baseboards, cabinet fronts, bins, and appliance interiors.

Rotate one storage zone each month

Instead of reorganizing the whole home, pick one zone: pantry, medicine cabinet, linen closet, entry storage, laundry shelf, or under-sink cabinet. A rotation keeps the checklist realistic.

Use expiration checks as a safety sweep

Monthly cleaning is a good time to check expired food, medicine, cleaning products, batteries, and filters. Add replacement tasks directly to the checklist before printing.

Common questions

What should be cleaned monthly instead of weekly?

Monthly cleaning usually covers slower-build tasks such as vents, baseboards, ceiling fans, grout, bins, appliance interiors, storage shelves, and expired pantry or medicine items.

Can I print this monthly cleaning checklist?

Yes. Edit the tasks for your home, remove anything that does not apply, then print the checklist or save it as a PDF without creating an account.

How is a monthly cleaning checklist different from a weekly cleaning checklist?

Weekly cleaning resets visible messes and high-use rooms. Monthly cleaning handles deeper recurring tasks that are easy to forget because they do not need attention every week.