

BEAUTY & THE BEAST Now

Efficient & Permanent hCG Weight-Loss Solutions

**Diane Vetterlein & LynAnn King**

**Weight-Loss Success Coaches**

Integrating Spiritual, Psychological, Emotional & Physical Manifestations

**www.BeautyAndTheBeastNow.com**

# Overall Spring Cleaning Chores *(by Christine Satterfield)*

- dust crown molding and baseboards
- dust ceiling corners
- dust baseboards and clean scuff marks
- dust/wash light fixtures and lamps
- dust ceiling fans
- wash doors (look for scuff marks)
- wash walls
- touch up paint
- vacuum or wash window curtains
- wash window blinds
- clean windows
- dust bookcases
- polish wood furniture
- wipe down and vacuum furniture (clean the base and under cushions)
- condition leather furniture
- remove stains from upholstered furniture
- vacuum and wash lampshades
- deep clean hardwood, tile, linoleum, and carpet flooring
- shampoo carpet (DIY or schedule a professional)
- remove rugs to shake out, then vacuum, then clean under them
- vacuum all flooring, including corners and edges
- clean air vents
- dust around mirrors, picture frames, and wall hangings
- replace light bulbs
- change air/furnace filter
- replace batteries in smoke detector
- replace batteries in carbon monoxide detector
- schedule chimney sweep
- schedule termite or pest control maintenance

# Spring Clean the Kitchen

- remove anything from the kitchen that doesn't belong
- clean and disinfect the trash can
- clean the microwave
- deep clean the dishwasher
- clean and organize the refrigerator
- clean and organize the freezer
- replace refrigerator water filter
- vacuum refrigerator coils
- clean the oven
- clean the hood vent and change filter if needed
- clean stove top burners
- clean and disinfect the garbage disposal
- clean and organize plasticware and storage containers
- reorganize kitchen cabinets and drawers
- clean and organize kitchen drawers
- straighten cups, mugs, and glass cabinet and eliminate the unnecessary
- straighten plates, bowls, and other dishes and eliminate the unnecessary
- deep clean pots, pans, and bakeware
- organize the pantry
- sanitize cutting boards and sharpen knives
- clean and disinfect coffee maker
- clean and disinfect small appliances
- clean and disinfect high chairs
- clean the pot rack
- check the freshness of your herbs and spices
- clean under the sink and eliminate the unnecessary
- deep clean and polish cabinet doors
- clean tile and touch up paint on walls
- deep clean floors
- disinfect door knobs, light fixtures and pulls
- set up a meal plan
- determine if you need new kitchen supplies

# Spring Clean the Dining Room

- eliminate unnecessary items
- dust crown molding, wall corners, and floor molding
- scrub walls
- clean and disinfect light switches and outlets
- dust and polish wood cabinets
- dust and clean windows, inside and out
- clean and declutter hutch cabinets and drawers
- wash table linens

- wash table cushions
- clean light fixtures and wash globes
- disinfect table and wipe down all chairs, including legs and underneath
- remove rug, shake, vacuum and clean floor before replacing rug

# Spring Clean the Bathrooms

- Clean air vents
- Clean and disinfect light switches and fixtures
- Clean and disinfect toothbrush holders
- Clean and refill soap dish and/or pump
- Clean light fixtures and wash globe(s)
- Clean make-up brushes
- Clean mirror
- Clean shower caddy
- Clean shower curtain and liner
- Clean shower door frame
- Clean shower glass (here's a great way to prevent soap scum from building up on shower glass doors in the future
- Clean plastic strip at the bottom of a glass shower door
- Disinfect countertops
- Dust and clean windows, inside and out
- Polish faucets
- Mop and hand scrub floors (pay attention to special grout lines, corners, and moldings)
- Scrub and disinfect toilet, including around base, under seat and around hinges
- Scrub the bathtub and/or shower
- Scrub walls
- Unclog and refill lotion dispensers
- Wash bathroom cup
- Wash floor mat
- Wash hand/guess towels
- Wash trash can (inside and out)
- Wipe down cabinets, knobs, towel racks and toilet paper holder
- Remove rust from toilet seat screws
- Tighten toilet seat hinges
- Clean bathroom exhaust fan
- Clean shower head
- Polish wood cabinets
- Caulk around bathtub
- Re-seal tile and grout
- Unclog drains (the use this tip to prevent clogged drains in the future)
- Toss beauty products not used over the past year
- Toss expired make-up
- Clean, organize and de-clutter cabinets and drawers
- Clean, organize and de-clutter bathroom closet

# Spring Clean Laundry/Utility Room

- clean dryer vent
- clean inside washing machine
- empty washing machine drain pump
- dust crown molding, wall corners, and floor molding
- dust behind and underneath washer and dryer
- sweep and mop floors
- reseal tile grout
- wash walls
- clean and organize contents on shelving
- eliminate unnecessary cleaning products
- install organizers to hold cleaning products
- disinfect door knobs and light switch plates

# Spring Clean Living Room/Family Areas

- take anything that doesn't belong in the room and put it in the correct location
- dust crown molding, wall corners, and floor molding
- vacuum and shampoo carpet
- vacuum under furniture and in between cushions
- condition leather furniture
- dust ceiling fans
- switch ceiling fans to spin clockwise
- clean lights and wash light globes
- dust lamps
- vacuum lamp shades
- declutter
- dust and polish furniture and bookshelves
- dust edges of wall hangings, mirrors, and pictures
- clean windows and window sills
- remove scuff marks from doors and moldings
- disinfect door knobs and light switch plates
- dust electronics
- organize electronics and accessories
- disinfect remote controls and gaming devices

# Spring Clean Bedrooms

- take anything that doesn't belong in the bedroom and put it in the correct location
- dust ceiling, corners, and upper and lower crown moldings
- dust baseboards and window sills
- dust and polish furniture
- dust edges of wall hangings, mirrors, and pictures

- clean glass and mirrors
- dust lamps
- vacuum lamp shades
- polish wood furniture
- picked up, folded laundry and remove everything that doesn't belong
- dust ceiling fan
- clean light fixtures and light globes
- organize your closet
- switch seasonal clothing and donate unneeded items
- clean and organize your dresser
- clean and organized your nightstand(s)
- flip and rotate your mattress (here's how to remember which way to flip)
- clean your mattress
- clean under your bed
- wash bedsheets
- wash pillows
- clean windows and window sills
- vacuum carpet, including edges and under furniture
- shampoo carpet
- remove scuff marks from doors and moldings
- disinfect door knobs and light switch plates

# Spring Clean Kid Stuff

- sort and categorize kid toys
- clean and scrub toys, gaming systems, and stuffed animals
- clean and organize clothing they've outgrown
- clean bath toys

# Spring Clean Office/Command Center

- spring clean your paperwork
- clean out files and shred unneeded documents
- update home inventory documents
- review insurance policies
- check credit report
- spring clean your computer, keyboard, and mouse
- clean and organize desk drawers
- dust and polish wood furniture
- dust bookshelves

# Spring Clean Miscellaneous Items

- spring clean your purse or bag
- clean cell phones and other devices
- clean remote controls
- clean keys
- clean pet feeding dishes
- clean out expired medications and vitamins

# Spring Clean Outside

- sweep deck
- power wash deck
- stain deck
- power spray siding
- touch up paint trim, wood, doors, and shutters
- power wash garage door
- clean outside door frames
- wipe away cobwebs
- shake out entry mat
- clean grill
- clean and repair gutters
- replace broken bricks, wood, or stone
- clean outdoor light fixtures
- wash outside windows
- clean outside patio furniture
- trim trees, bushes and shrubbery
- check and repair sprinklers
- inspect roof shingles
- wipe away cobwebs
- plant flowers
- plant garden
- add mulch
- clean outdoor trash cans
- clean out garage
- wash and wax vehicles

# My Daily Cleaning Checklist

## Morning

- ◯ Make Beds
- ◯ Empty Dishwasher
- ◯ Clean Kitchen
- ◯ Wipe Bathrooms
- ◯ Plan Day

## Evening

- ◯ Load Dishwasher
- ◯ Wipe Kitchen
- ◯ Wipe Bathrooms
- ◯ Pick Up Clutter
- ◯ Put Away Laundry
- ◯ Spot Mop Floors
- ◯ Take Out Garbage

## Pick 1 or 2

- ◯ Dust House
- ◯ Mop House
- ◯ Vacuum House
- ◯ Clean Bathrooms
- ◯ Clean Bedrooms
- ◯ Clean Kitchen
- ◯ Declutter
- ◯ Wash Bedding

## Once a Month

- ◯ Windows
- ◯ Light Fixtures
- ◯ Baseboards
- ◯ Appliances
- ◯ Picture Frames

CLUTTERBUG

For more printables visit www.clutterbug.me

**Beauty and the Beast Now – Your Weight-Loss and Lifestyle Success Coaches**
**LynAnn King Phone/Text: 650-550-0090 | Diane King Vetterlein: Phone/Text 415-370-3868**

# SPRING CLEANING CHECKLIST

## KITCHEN

- [ ] Clean stove
- [ ] Clean oven
- [ ] Clean microwave
- [ ] Clean dishwasher
- [ ] Clean fridge
- [ ] Clear kitchen counters
- [ ] Clean kitchen cupboards
- [ ] Clean kitchen drawers
- [ ] Clean pantry
- [ ] Clean windows
- [ ] Clean light fixtures
- [ ] Wash baseboards, walls & floor

## BATHROOM

- [ ] Clean bathtub
- [ ] Clean sink
- [ ] Clean toilet
- [ ] Clean vanity
- [ ] Replace shower curtain liner
- [ ] Clean windows
- [ ] Clean light fixtures
- [ ] Wash baseboards, wall & floor

## MASTER BEDROOM

- [ ] Dust dressers
- [ ] Clean & organize closet
- [ ] Flip mattress
- [ ] Clean windows
- [ ] Clean light fixtures
- [ ] Wash baseboards and walls
- [ ] Vacuum floor

## KIDS' BEDROOMS

- [ ] Clean dressers
- [ ] Clean & organize closet
- [ ] Flip mattress
- [ ] Clean windows
- [ ] Clean light fixtures
- [ ] Wash baseboards and walls
- [ ] Vacuum floor

## LIVING ROOM

- [ ] Vacuum furniture
- [ ] Wash throws and pillows
- [ ] Dust furniture & electronics
- [ ] Clean windows
- [ ] Clean light fixtures
- [ ] Wash baseboards and walls
- [ ] Wash/vacuum floor

## FAMILY ROOM

- [ ] Vacuum furniture
- [ ] Wash throws and pillows
- [ ] Dust furniture & electronics
- [ ] Clean windows
- [ ] Clean light fixtures
- [ ] Wash baseboards and walls
- [ ] Wash/vacuum floor

## LAUNDRY ROOM

- [ ] Clean washing machine
- [ ] Clean dryer
- [ ] Organize laundry supplies
- [ ] Clean windows
- [ ] Clean light fixtures
- [ ] Wash baseboards and walls
- [ ] Wash floor

## FOYER

- [ ] Clean & organize closet
- [ ] Wash mat
- [ ] Clean light fixutres
- [ ] Wash baseboards and walls
- [ ] Wash floor
- [ ] Wipe down door

## OTHER TASKS

- [ ] Clean & organize linen closet
- [ ] Wash trash cans
- [ ] Clean mirrors
- [ ] Dust computers & printers

NOTQUITESUSIE.COM

**Beauty and the Beast Now – Your Weight-Loss and Lifestyle Success Coaches**
**LynAnn King Phone/Text: 650-550-0090 | Diane King Vetterlein: Phone/Text 415-370-3868**