

# JANUARY CURE CLEANING CHALLENGE

## Day 1

Clean light covers & ceiling fans.  
Replace burnt out bulbs.

**Pro tip:** Clean glass light covers by putting them in the dish washer

## Day 2

Wash windows,  
window sills and  
window trim.



## Day 3

Wash window  
treatments (curtains  
etc) and dust blinds.

## Day 4

Wash walls

**Pro tip:** Use a mop  
with a new mop head

## Day 5

Wash doors, door  
handles and door trim.

## Day 6

Descal and wipe kettles, coffeemakers,  
water dispensers and humidifiers.

**Pro tip:** Use double strength vinegar  
as an effective and safe descaler.



## Day 7

Wipe kitchen  
cabinets.

**Pro tip:** Use a  
50/50 vinegar  
and water mix  
with a few drops  
of dish soap for a  
cost effective and  
safe cleaner.

## Day 8

Throw out expired food in the fridge  
and wipe the inside of the fridge.

**Pro tip:** Wipe food containers before  
putting them back in the fridge.



## Day 9

Dust electronics: TV, computer, stereo, & routers.

**Pro tip:** spraying electorics with canned air is a  
safe and effective way of removing dust both  
inside and out for these sensitive items.

## Day 10

Vacuum out vents.  
Wash vent covers.

**Pro tip:** put plastic  
and metal vent covers  
in the dishwasher.