

WHOLE HOUSE BLUEPRINT

CORE STRUCTURE

- Dust All HVAC Vents
- Wipe Down Baseboards
- Inspect Door Frames
- Ceiling Fan Restoration
- Light Fixture Deep Clean
- Window Track Purge
- Wall Spot Cleaning
- Air Filter Exchange
- Closet Rail Dusting

SURFACES & FLOORS

- Launder All Area Rugs
- Floor Grout Treatment
- Upholstery Vacuuming
- Hardwood Deep Buff
- Window Glass Polishing
- Under-Furniture Sweep
- Surface Sanitization
- Mirror & Glass Reset
- Entryway Threshold Scrub

Kitchen & Pantry Deep Audit

CHECKLIST

- De-grease Vent Hood,
- Shine Stainless Steel
- She bocioge
- Deep Clean
- Dishwasher
- Deep Claite Avinten
- Repocl Cinlener

Pantry Refresh

Item	Expiry Date,	Action,

THE SANCTUARY RESET



BEDROOM REFRESH

-
- Flip and rotate mattress
 - Vacuum mattress and bed frame
 - Launder all bedding & pillows
 - Dust ceiling fan & light fixtures

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- Declutter nightstand drawers
 - Organize closet & donate unused items
 - Wipe down baseboards & window tracks

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- Clean mirrors and glass surfaces
 - Remove any heavy winter coats
 - Use a handheld steamer on your headboard
 - Empty your nightstand

BATHROOM SANITIZE

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- Deep clean shower grout & tile
 - Scrub bathtub and faucets
 - Disinfect toilet, base, and tank
 - Clean sink basin and drain

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- Wash bath mats and fabric linens
 - Replace or wash shower curtain liner
 - Organize vanity and medicine cabinet

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- Wipe down walls and exhaust fan
 - Check all expiration dates on skincare
 - Soak your faucet aerators and showerhead
 - Use clear acrylic bins to group hair tools and cleaning supplies.

Living Spaces & Air Quality

- Deep Clean Couch Upholstery,
- Clean TV Screen,
- Washer
- Wash Throw Pillows
- Change HVAC Filters

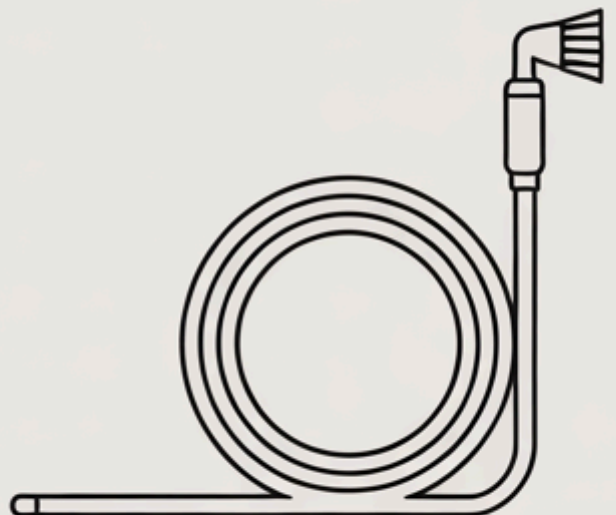
Air Quality Note

Filters Sizes

- Repplacmend Dates:.....
- Replacement Dates :.....

Outdoor & Garage Transition

- Clear out gutters,
- Pressure wash deck,
- Wash outdoor furniture,
- Organize garage shelves,



The 4-Week Restoration Schedule

Week 1:	The Core Assigned date	Reward/Goal Reward/Goal
Week 2:	The Kitchen Assigned date	Reward/Goal Reward/Gate
Week 3	Other Rooms Assigned Date	Reward/Goal Reward/Goal
Week 4	The Sanctuary Assigned date	Reward/Goal Reward/Goal
Week 5	Outdoors Assigned date	Reward/Goal Reward/Goal