

# 7-Day Fresh Home Reset Checklist

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*By BetterHomeHabits.com*

Transform your home from “just okay” to “truly fresh” with this simple, step-by-step 7-day plan.

## Day 1: The Air Reset

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- Open all windows for at least 15 minutes to flush out stale air.
- Check and replace your HVAC / Furnace filters.
- Wipe down ceiling fan blades and AC vents.
- Place a bowl of white vinegar in the kitchen to absorb lingering cooking smells.

## Day 2: The Soft Surface Deep Clean

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- Sprinkle baking soda on all rugs and carpets. Let sit for 30 mins, then vacuum.
- Wash all throw blankets and pillow covers.
- Steam clean or vacuum upholstered furniture.
- Wipe down leather surfaces with a damp microfiber cloth.

## Day 3: The Kitchen Deodorizer

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- Clean the dishwasher filter (yes, it has one!).
- Sanitize the garbage disposal with lemon peels and ice cubes.
- Wipe the inside of the trash can with a disinfectant.
- Clear out expired food from the fridge and wipe down shelves.

## Day 4: The Bedroom Sanctuary

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- Strip the beds and wash all sheets, pillowcases, and duvet covers.
- Vacuum under the bed (the “dust bunny” zone).
- Rotate your mattress.
- Declutter the nightstands—only keep what you need for sleep.

## Day 5: The Bathroom Moisture Check

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- Wash the bath mats and shower curtains.
- Scrub the drains with a brush and baking soda/vinegar.
- Wipe down walls and ceilings near the shower to remove moisture spots.
- Clean the exhaust fan cover.

## Day 6: The Tool Maintenance

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- Empty the vacuum canister and wash the filters.
- Disinfect your mop head or replace the microfiber pad.
- Clean your washing machine with a dedicated cleaner or vinegar cycle.
- Wash your cleaning cloths and sponges.

## Day 7: The Habit Foundation

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- Set a 10-minute timer for a “Nightly Reset” (clear counters, fold one load).
- Establish a “Shoes Off” rule at the entryway.
- Create a dedicated spot for incoming mail to prevent paper piles.
- Celebrate! Your home is now a fresh, healthy haven.

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