July 10, 2027 | Knoxville, Farragut & Lenoir City

Care for the mattress and bed frame

Main task: about 20 active minutes. DIY; specialist cleaning where labels require.

February and July. Twice-yearly planning review; rotate per maker.

- [ ] **Vacuum accessible mattress surfaces**
  Use a cleaning method suitable for the mattress. Get help with any heavy movement.
- [ ] **Rotate only if the maker allows it**
  Use the mattress instructions to decide whether rotation is appropriate. Do not flip a one-sided mattress.
- [ ] **Check the accessible bed frame**
  Look for visible damage or loose parts you can inspect safely. Arrange suitable help for defects or difficult access.

Safety: Do not flip a one-sided mattress. Get help moving heavy items.

Additional time: Laundry/cleaning cycle or drying time is additional

Timing basis: Restored from original calendar. Timing is an editorial household-care routine, not a universal required interval. Care labels and actual use govern. Equipment instructions and actual conditions take priority.

Guidance: Source 1

Open the online checklist and how-to links

Follow-up notes

Other maintenance this week

Up to 55 additional active minutes if every item applies. Spread these out. Skip equipment you do not have and monthly checks already completed.

- [ ] **Walk through for leaks and humidity** (Weekly; 10 min)
  Look under sinks and at ceilings. Read a hygrometer. Log new dampness. Aim for 30-50% RH, below 60%.
  Safety: Fix leaks promptly. Dry wet materials within 24-48 hours. Refer extensive, hidden or contaminated damage to a professional. Guide

- [ ] **Read refrigerator and freezer thermometers** (Weekly planning check; 2 min)
  Read appliance thermometers. Refrigerator should be 40 F or below; freezer 0 F or below.
  Safety: Investigate unsafe temperatures promptly. An appliance setting is not a thermometer reading. Guide

- [ ] **Remove mosquito breeding water** (Weekly during mosquito season; 5 min)
  Empty and scrub or cover small water-holding containers, including birdbaths and plant saucers.
  Safety: Do not enter unsafe water or disturb electrical equipment. Pesticides must follow their labels. Guide

- [ ] **Check drain flow and strainers** (Quarterly planning check; sooner for slow flow; 15 min)
  Remove accessible hair/debris from strainers. Note recurring slow flow or leaks.
  Safety: No routine boiling-water or vinegar/baking-soda prescription. Do not mix cleaners or reach into a disposal. Guide

- [ ] **Test GFCI protection** (Monthly; 5 min)
  Use TEST and RESET as the device manual directs. Confirm protected power interrupts.
  Safety: Plan around equipment that loses power. Stop using failed protection and call an electrician. Keep hands dry. Guide

- [ ] **Test garage door reversal and sensors** (Monthly; 8 min)
  Follow your opener manual for contact-reversal and photo-eye tests. Keep everyone outside the door path.
  Safety: Never stand under the door. Do not adjust springs, cables or force settings. Stop use if either test fails. Guide

- [ ] **Maintain vacuum cleaner** (Monthly inspection; filter care per model; 10 min)
  Clear hair and visible obstructions. Clean or replace filters according to the vacuum manual.
  Safety: Unplug or remove the battery before access. Wash only washable parts and dry fully before refitting. Guide

Optional housekeeping & reminders

About 178 active minutes for cleaning: 143 for the regular routine plus this week's detail. Spread it out. Laundry and machine cycles add time.

Follow care labels, ventilate and never mix cleaning products. Use safe access and hire help for height or heavy items.

Regular cleaning routine

- [ ] **Wipe down the kitchen**
  Counters, cooled stovetop, sink and appliance fronts.
- [ ] **Vacuum and mop floors**
  Include stairs. Use the method approved for your flooring.
- [ ] **Dust and refresh upholstery**
  Top to bottom. Vacuum cushions and fluff pillows.
- [ ] **Clean bathrooms and reachable glass**
  Toilets, sinks, tub or shower, mirrors and glass.
- [ ] **Review food storage and empty bins**
  Check leftovers. Wipe sticky trash and recycling bins.
- [ ] **Wash bedding, towels and bathmats**
  Replace sheets and pillowcases. Follow care labels.

This week's detail

- [ ] **Launder duvet covers, pads, protectors and shams** (15 min)
  Review duvet covers, pillow protectors, mattress pads and shams and launder when due.
  Safety: Care labels govern. Active time excludes washer/dryer cycles.
- [ ] **Launder throw rugs and runners** (10 min)
  Inspect washable throw rugs and runners. Launder when needed according to the label.
  Safety: Do not machine-wash unsupported backing. Refit only when dry and secure.
- [ ] **Wipe doors, trim and switch plates** (10 min)
  Wipe reachable door surfaces, trim and switch plates with a compatible method.
  Safety: Do not spray liquid into switches, outlets or locks.

Only if it applies: household and equipment

Additional time. Keep personal and financial records private.

- [ ] **Sort magazines and catalogs** (3 min)
  Sort current reading and recycle or file unwanted items.
  Safety: Protect personal information before recycling.

- [ ] **Review bank and card transactions** (10 min)
  Review recent transactions and flag unfamiliar charges or missing records.
  Safety: Use trusted account access. Keep financial details out of shared copies.

- [ ] **Review inboxes, bills and paperwork** (10 min)
  Review due bills and correspondence; file completed paperwork.
  Safety: Protect account numbers and avoid duplicate payments.

- [ ] **Replace refrigerator/freezer baking soda** (2 min)
  Check refrigerator/freezer odor absorbers if used.
  Safety: Optional odor control does not replace food safety or cleaning.

- [ ] **Review water-treatment filters and service** (5 min)
  Check the service record for whole-house, under-sink and softener equipment. Perform only due, approved maintenance.
  Safety: Prevent leaks and contamination. Do not assume one replacement interval fits all systems.

Optional vehicle reminders

A reminder is a due-date check. Use the manual, mileage, condition and service history.

- [ ] **Check vehicle fluid levels** (10 min)
  Check only the owner-serviceable fluid levels using the manual's method.
  Safety: Never open a hot cooling system. EV/high-voltage and unfamiliar systems need a technician.

- [ ] **Inspect wiper blades and washer supply** (5 min)
  Check wiping quality and visible damage. Use the specified washer fluid.
  Safety: Never run blades on dry dirty glass. Replacement depends on condition.

Between reminders: clean the dryer lint screen each load. Inspect after significant storms and address failed alarms, leaks or unsafe equipment promptly. Portable humidifiers in use need daily water care and cleaning every third day. Pools need more frequent care and barrier supervision during use.

Move outdoor work for heat, lightning, rain or ice. Prepare plumbing before a forecast freeze. Repairs, professional service, materials and machine cycles add time.