

# Nordic Home Maintenance Checklist

*Sustainable Living Through Thoughtful Care*

## A Well-Maintained Home is a Sustainable Home

Regular maintenance prevents costly repairs, extends the life of your home's systems, and reduces waste. This Nordic approach to home care emphasizes:

- Preventive maintenance over reactive repairs
- Seasonal awareness and preparation
- Quality over quick fixes
- Sustainable and eco-friendly practices
- Mindful stewardship of your living space

# Seasonal Maintenance Tasks

## Spring Maintenance

✓	Task	Date Completed	Notes
■	Inspect roof for winter damage		
■	Clean gutters and downspouts		
■	Check for foundation cracks		
■	Service air conditioning system		
■	Wash windows inside and out		
■	Clean window screens		
■	Inspect and repair deck/patio		
■	Check outdoor faucets and hoses		
■	Clean dryer vent thoroughly		
■	Inspect attic for leaks or pests		
■	Test sump pump		
■	Trim trees and shrubs away from house		
■	Power wash siding and walkways		
■	Check caulking around windows/doors		
■	Clean and organize garage		

## Summer Maintenance

✓	Task	Date Completed	Notes
■	Inspect and clean chimney		
■	Check for signs of pests		
■	Test and maintain pool/spa equipment		
■	Inspect grading around foundation		
■	Clean refrigerator coils		
■	Check basement for moisture		
■	Inspect and clean outdoor furniture		
■	Test irrigation system		
■	Clean and seal wood decks		
■	Check attic ventilation		
■	Inspect exterior paint and siding		
■	Clean outdoor light fixtures		
■	Maintain lawn equipment		
■	Check garage door operation		
■	Inspect and repair screens		

## Fall Maintenance

✓	Task	Date Completed	Notes
■	Clean gutters after leaves fall		
■	Inspect and clean heating system		
■	Reverse ceiling fan direction		
■	Winterize outdoor faucets		
■	Drain and store garden hoses		
■	Check weatherstripping on doors/windows		
■	Inspect fireplace and chimney		
■	Clean and store outdoor furniture		
■	Check roof for damaged shingles		
■	Seal driveway cracks		
■	Trim tree branches near house		
■	Check foundation for gaps		
■	Clean range hood filter		
■	Inspect attic insulation		
■	Test carbon monoxide detectors		

## Winter Maintenance

✓	Task	Date Completed	Notes
■	Prevent ice dams on roof		
■	Check for drafts around windows		
■	Inspect indoor plumbing for leaks		
■	Clean humidifier filters		
■	Check home for proper ventilation		
■	Test holiday light connections		
■	Monitor indoor humidity levels		
■	Check emergency kit supplies		
■	Inspect basement for water seepage		
■	Clean bathroom exhaust fans		
■	Check water heater temperature		
■	Inspect weather seals on doors		
■	Plan spring projects		
■	Review home insurance coverage		
■	Deep clean carpets and rugs		

# Monthly Maintenance Reminders

Task	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	M11	M12
Change HVAC air filters	■	■	■	■	■	■	■	■	■	■	■	■
Test smoke and CO detectors	■	■	■	■	■	■	■	■	■	■	■	■
Clean kitchen sink disposal	■	■	■	■	■	■	■	■	■	■	■	■
Check and clean range hood filter	■	■	■	■	■	■	■	■	■	■	■	■
Inspect washing machine hoses	■	■	■	■	■	■	■	■	■	■	■	■
Clean refrigerator drip pan	■	■	■	■	■	■	■	■	■	■	■	■
Check toilet for leaks	■	■	■	■	■	■	■	■	■	■	■	■
Clean bathroom exhaust fans	■	■	■	■	■	■	■	■	■	■	■	■
Inspect fire extinguisher	■	■	■	■	■	■	■	■	■	■	■	■
Test GFCI outlets	■	■	■	■	■	■	■	■	■	■	■	■
Check water softener salt level	■	■	■	■	■	■	■	■	■	■	■	■
Clean showerheads and faucet aerators	■	■	■	■	■	■	■	■	■	■	■	■
Inspect door and window locks	■	■	■	■	■	■	■	■	■	■	■	■
Check for plumbing leaks	■	■	■	■	■	■	■	■	■	■	■	■
Clean garbage disposal	■	■	■	■	■	■	■	■	■	■	■	■
Vacuum refrigerator coils	■	■	■	■	■	■	■	■	■	■	■	■
Check garage door auto-reverse	■	■	■	■	■	■	■	■	■	■	■	■
Inspect caulking in bathrooms	■	■	■	■	■	■	■	■	■	■	■	■
Run water in unused drains	■	■	■	■	■	■	■	■	■	■	■	■
Check water heater for leaks	■	■	■	■	■	■	■	■	■	■	■	■

Year: \_\_\_\_\_

# DIY Projects & Maintenance Tips

## Energy Efficiency

Tip	✓
Install weatherstripping on doors and windows to reduce drafts	■
Add insulation to attic spaces (R-38 to R-60 recommended)	■
Seal air leaks around outlets and switches with foam gaskets	■
Install programmable thermostat to reduce heating/cooling costs	■
Add door sweeps to exterior doors	■
Use caulk to seal gaps around windows and door frames	■

## Plumbing Maintenance

Tip	✓
Learn to shut off main water valve in emergencies	■
Insulate exposed pipes in unheated areas to prevent freezing	■
Replace old rubber washing machine hoses with braided steel	■
Clean aerators on faucets to improve water flow	■
Check toilet flapper valves annually and replace if worn	■
Drain water heater annually to remove sediment buildup	■

## Seasonal Preparation

Tip	✓
Reverse ceiling fan direction: counter-clockwise summer, clockwise winter	<input type="checkbox"/>
Store summer equipment properly to extend lifespan	<input type="checkbox"/>
Disconnect and drain outdoor hoses before first freeze	<input type="checkbox"/>
Apply weatherproof sealant to wood decks every 2-3 years	<input type="checkbox"/>
Clean and store window AC units during winter months	<input type="checkbox"/>
Keep emergency supplies ready: flashlights, batteries, water	<input type="checkbox"/>

## Preventive Care

Tip	✓
Trim vegetation at least 2 feet away from home exterior	<input type="checkbox"/>
Keep gutters clear to prevent water damage and ice dams	<input type="checkbox"/>
Check foundation drainage to prevent basement flooding	<input type="checkbox"/>
Inspect and replace worn caulk to prevent moisture intrusion	<input type="checkbox"/>
Keep records of all maintenance and repairs for future reference	<input type="checkbox"/>
Take photos of completed projects for documentation	<input type="checkbox"/>

# My DIY Project Planner

<b>Project Name:</b>	
<b>Priority Level:</b>	<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low
<b>Estimated Cost:</b>	Target Completion Date:
<b>Materials Needed:</b>	
<b>Steps to Complete:</b>	
<b>Notes/Tips:</b>	
<b>Completed Date:</b>	Actual Cost:

<b>Project Name:</b>	
<b>Priority Level:</b>	<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low
<b>Estimated Cost:</b>	Target Completion Date:
<b>Materials Needed:</b>	
<b>Steps to Complete:</b>	
<b>Notes/Tips:</b>	
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<b>Priority Level:</b>	<input type="checkbox"/> High <input type="checkbox"/> Medium <input type="checkbox"/> Low
<b>Estimated Cost:</b>	Target Completion Date:
<b>Materials Needed:</b>	
<b>Steps to Complete:</b>	
<b>Notes/Tips:</b>	
<b>Completed Date:</b>	Actual Cost:

# Important Home Service Contacts

Service	Company Name	Phone Number	Notes
Plumber			
Electrician			
HVAC Technician			
Roofer			
Handyman			
Lawn Care			
Snow Removal			
Pest Control			
Chimney Sweep			
Appliance Repair			
Garage Door Repair			
Window Repair			
Home Insurance Agent			
Emergency Services			
Utility Company			