

Fitness Floor Maintenance and Cleaning Check List

DON'T Forget your PPE :)

Daily cleaning/disinfecting needs (every 30 min)	Time completed/Initial in box to the right								
Front double doors/windows	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30
	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00
	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30
Front desk counter tops	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30
	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00
	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30
Locker and stall door handles	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30
	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00
	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30
All cardio equipment heart rate sensors/handles and screens	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30
	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00
	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30
Water fountains	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30
	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00
	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30
All gym stretching mats	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30
	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00
	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30
Daily cleaning/disinfecting needs (every 2 hours)	Time completed/Initial in box to the right								
Top Railing around all fitness areas	8:00	10:00	12:00	2:00	4:00	6:00	8:00		
All cable attachments	8:00	10:00	12:00	2:00	4:00	6:00	8:00		
Hand sanitizer dispensers	8:00	10:00	12:00	2:00	4:00	6:00	8:00		
Kettlebells (All)	8:00	10:00	12:00	2:00	4:00	6:00	8:00		
Dumbbells (All)	8:00	10:00	12:00	2:00	4:00	6:00	8:00		
Barbells (All)	8:00	10:00	12:00	2:00	4:00	6:00	8:00		
Weight plates (5,10,25,35,45,100 lbs)	8:00	10:00	12:00	2:00	4:00	6:00	8:00		
Resistance machines	8:00	10:00	12:00	2:00	4:00	6:00	8:00		
Maintenance needs (Trevor will try to do most of these Mon-Thur)	Time completed/Initial in box to the right								

The guide rods on all machines need daily silicon spray	Time:		Initial:	
The guide rod fasteners need daily inspection and tightened as needed	Time:		Initial:	
Dumbbells and preloaded barbells need tightened daily	Time:		Initial:	
All calbe equipment needs weekly inspection	Time:		Initial:	