

FITNESS CENTER & GYM CLEANING CHECKLIST

High-Touch Surface Cleaning & Disinfection Log

Instructions: Check off surfaces after cleaning. Record the date, time, product used, and staff initials. Clean high-traffic equipment between users or every 2-4 hours.

Facility: _____

Date: _____

Area	High-Touch Surface	Surface Type	Frequency	Products Used	Time	Done <input checked="" type="checkbox"/>	Initials
Equipment Zones	Machine handles, grips	Rubber/vinyl	Every 2-4 hours				
	Touch panels	Electronics	Every 2-4 hours				
	Benches	Vinyl	Every 2-4 hours				
	Dumbbells, barbells, plates	Metal/rubber	Between users				
Cardio Area	Treadmill/bike/elliptical handles	Rubber grips	Between users				
	Consoles, touch panels	Electronics	Between users				
Locker Rooms	Lockers, door handles	Metal	Every 2-3 hours				
	Benches	Wood/plastic	Every 2-3 hours				
	Shower controls	Chrome	Every 2-3 hours				
Restrooms/Showers	Faucet handles, flush levers	Chrome	Every 2-3 hrs; deep 2x daily				
	Door locks	Metal/plastic	Every 2-3 hrs; deep 2x daily				

Notes / Issues / Supply Needs:

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*This checklist is provided as a general guide for high-touch surface cleaning. The Cleaning Station assumes no responsibility or liability for any damages, injuries, or misuse of products resulting from the use of this checklist. It is the responsibility of the user to follow all manufacturer instructions, safety guidelines, and industry best practices when using cleaning products and equipment. Always test products on a small, inconspicuous area before full application.