Computer maintenance checklist

Daily		
Install software updates	Prevent physical damage	Back up files
Weekly		
Dust your keyboard	Wipe down your monitor	Clean your mouse
Run a scan for malware	Update any antivirus softwares	Empty the recycling bin
Delete any temporary files		
Monthly		
Clean your hardware system	Remove excess programs	Clear computer ports
Defrag hard drive		
Quarterly or bi-annually		
Optimize startup processes	Review firewall settings	Check parental control settings
Change passwords		