

What type of cleaning supplies is recommended when cleaning the vent and fan of the Middleby Marshall oven?

A clean cloth and brush

Why do you need a flashlight when cleaning the condenser coils on a refrigeration unit?

So that you can see through the coils to insure that they are clean.

How many issues does Chris Tavano address in his video about preventative maintenance on refrigeration units?

2

What are the 3 best practices when mopping the lobby?

1. **Keep the mop bucket out of the way of customers**
2. **Always use a wet floor sign**
3. **Mop side-to-side**

What are the “weekly” cleaning components of the Lincoln Impinger Oven?

1. **Fingers**
2. **Conveyor**
3. **Baffles**
4. **Air Intake Vents**

How do you become 10 times better by the end of a year?

By getting better 1% every day, 5 days a week, 46 weeks a year

What are the 3 “R’s” of habit forming according to James Clear’s *Atomic Habits*?

1. **Reminder**
2. **Routine**
3. **Reward**

In the TEDtalk Julian Treasure gives on *How To Speak So That People Want To Listen* what does HAIL stand for?

Honesty, Authenticity, Integrity, Love

What does the owner of the Dallas Mavericks, Mark Cuban, do himself in the stadium before, during, and after games while he walks around?

Pick up trash himself