TRACKER

Replacement Dates Tracker

Write the date on the product. Fill in the due date from the rule.

Item	Replace or clean when	Date opened	Due	Done	Source
Disposable razor	After 5 to 7 shaves			○	AAD
Electric razor	Clean every 5 to 7 shaves			○	AAD
Toothbrush	Every 3 to 4 months (or if frayed)			○	ADA
Natural loofah	Every 3 to 4 weeks			○	Cleveland Clinic
Plastic loofah	Can last about 2 months			○	Cleveland Clinic
Nail clippers, scissors	Disinfect monthly			○	AAD
Mascara	2 to 4 months after purchase			○	FDA
Sunscreen	No date: 3 years after purchase			○	FDA
				○	
				○	

NO RULE FOR THE REST:
no named source gives an interval for body lotion, cleanser or shampoo. If the pack prints an expiry date or months after opening, use that. The FDA says to throw away mascara that has dried out, and notes products can change color, texture or smell, separate, or dry out and crack. Routine steps, not medical advice.

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My Own Items

Anything else you want to date: products, tools, supplies.

Item	My rule (from the pack)	Date opened	Due	Done	Notes
				○	
				○	
				○	
				○	
				○	
				○	
				○	
				○	
				○	

Monthly check

Tick the month you went through the table.

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
○	○	○	○	○	○	○	○	○	○	○	○