CHECKLIST

New Year Reset Checklist

Body care and bathroom edition. One zone per session. Doing part of it counts.

Started on: _____

1 Tools

- [ ] Count the shaves on my razor. Replace disposable razors after 5 to 7 shaves (AAD).
- [ ] Clean nail clippers and scissors: brush + 70 to 90% isopropyl alcohol, rinse hot, dry fully (AAD).
- [ ] Clean the epilator head the way my manual says.
- [ ] Check wax, sugar paste or strips. Bin anything damaged or unused.
- [ ] Check tweezers and any other tool I use. Wipe clean.

2 Supplies

- [ ] Moisturizer within reach of the sink.
- [ ] Moisturizing shaving cream, if I shave. Never dry shave (AAD).
- [ ] Gloves for dishes and cleaning (AAD).
- [ ] Restock list written and saved on my phone.

3 Routine

- [ ] Write each hair removal method I use and the date I last did it.
- [ ] Write the next date for each one.
- [ ] Choose a nail day. Right after a shower is the best time to trim (AAD).
- [ ] Take one step I keep skipping off my routine, on purpose.

4 Calendar

- [ ] Monthly reminder: clean tools.
- [ ] Book one appointment I have been putting off.
- [ ] Check-in dates set for January, February and March.

5 Space

- [ ] Counter cleared. Daily items in front, weekly items behind.
- [ ] Checklist taped where I will see it.

PLANNER

Pick three, then check in

A reset sticks when the list is short.

My three things (choose from page 1)

	What I will do	When	Where it lives (calendar, cabinet, phone)
1			
2			
3			

Monthly check-in

Month	Tools cleaned	Razor checked	Next dates set	One thing to change
January	○	○	○	
February	○	○	○	
March	○	○	○	

Notes

NOTE:
This is a housekeeping checklist, not medical advice. If hair removal or a tool is causing a skin or nail problem, ask a clinician.