CHECKLIST

Sunday Body-Care Reset

Five blocks, one sitting. Skip a Sunday and pick it up next week.

1 Linens

- [ ] Swap sheets (weekly, or every 1 to 2 weeks per Cleveland Clinic; hot water).
- [ ] Swap bath and hand towels (at least weekly) and washcloths (at least twice a week).

2 Tools that touch your skin

- [ ] Razor: replace disposable after 5 to 7 shaves; clean electric every 5 to 7.
- [ ] Loofah: natural every 3 to 4 weeks, plastic can last 2 months; throw away if moldy or musty.
- [ ] First Sunday of the month: disinfect nail clippers (70 to 90% isopropyl alcohol, rinse hot, dry).

3 The shelf

- [ ] Sunscreen with no date: expired 3 years after purchase (FDA).
- [ ] Write what is running low on page 2.

4 Plan the week

- [ ] Pick the hair-removal day, if you have one.
- [ ] Mark any stop days on the planner.

5 Put it away

- [ ] Make the bed, restock the shelf, tick this box and stop.

SOURCES:
Cleveland Clinic, AAD, FDA (named in the post). Times are my suggestion; stop early if you need to. Routine steps, not medical advice.

PLANNER

Week Ahead

Undated. Fill in what matters this week.

Week of: _____ Shaves on this razor so far: _____ (replace at 5 to 7)

Line	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hair-removal day	○	○	○	○	○	○	○
Stop day (trip, swim, tan)	○	○	○	○	○	○	○
Moisturize	○	○	○	○	○	○	○
My own line							

Running low

Notes for next Sunday