



BONUS #1

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THE DAILY *Freshness* HABITS CHECKLIST

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10 Simple Daily Habits to Help You
Feel Fresh, Comfortable &
Confident Every Day



RESTORE



BALANCE



REFRESH

♥
A PRACTICAL COMPANION TO
THE MONTHLY RESET SYSTEM™

BY
Debby Dinna



The Daily Freshness Habits Checklist

10 Simple Daily Habits to Help You Feel Fresh, Comfortable, and Confident Every Day

One of the biggest mistakes women make is waiting until they notice a problem before paying attention to their feminine wellness routine.

The truth is that freshness is often the result of small daily habits practiced consistently over time.

Use this simple checklist every day to support your comfort, confidence, and personal freshness.

Morning Freshness Checklist

- ☐ Wash the external intimate area gently with clean water.
- ☐ Pat dry thoroughly before getting dressed.
- ☐ Wear clean, breathable cotton underwear.
- ☐ Change out of sweaty clothing as soon as possible.
- ☐ Drink at least one glass of water within an hour of waking up.

Throughout The Day

- ☐ Stay hydrated by drinking sufficient water.
- ☐ Avoid staying in wet or damp clothing for extended periods.
- ☐ Wear comfortable clothing that allows airflow.
- ☐ Change underwear if excessive sweating occurs.
- ☐ Avoid unnecessary use of heavily scented sprays, perfumes, or feminine products around the intimate area.

Personal Care Habits

- ☐ Maintain regular grooming according to your preference.
- ☐ Practice good menstrual hygiene during your cycle.
- ☐ Change sanitary products regularly during menstruation.
- ☐ Use clean towels and personal care items.
- ☐ Prioritize quality sleep and stress management.

Weekly Freshness Check-In

Once each week, ask yourself:

- ☐ Do I feel comfortable and fresh?
- ☐ Am I staying hydrated consistently?
- ☐ Have I been wearing breathable underwear most days?
- ☐ Am I relying on strong products to feel fresh?
- ☐ Am I following healthy self-care habits consistently?

If you answered "No" to several of these questions, simply choose one habit to improve this week.

Remember, freshness is not created by doing everything perfectly.

It is created by small, consistent habits that support comfort, confidence, and self-care over time.

The Freshness Reminder

Freshness is not about being perfect.

Freshness is not about using more products.

Freshness is not about harsh soaps or strong fragrances.

Freshness is about consistency.

A few simple habits practiced daily can help you feel cleaner, more comfortable, and more confident every day.

Because confidence starts with how you feel about yourself.