THE 7-DAY FRESHNESS RESET TRACKER™

Turn The Odour Reset™ Into A Routine You Can Actually Follow

HOW TO USE THIS TRACKER

Don’t try to change everything overnight.

For the next seven days, simply observe.

Then improve.

Each evening, spend **2–3 minutes** completing your tracker.

Be honest.

There are no perfect scores.

DAY 1 — KNOW YOUR STARTING POINT

Morning

☐ Showered

☐ Washed sweaty areas

☐ Dried properly

☐ Clean clothes

☐ Used normal deodorant/antiperspirant as directed

During the day

When did I sweat most?

Where was I?

What was I doing?

Evening

Did I spend time worrying that I smelled?

☐ No
☐ A little
☐ A lot

Did I repeatedly check myself?

☐ No
☐ Once
☐ Several times

What did I notice today?

DAY 2 — FIND YOUR TRIGGERS

Today I noticed more sweating when:

☐ Walking

☐ Exercising

☐ Sitting in heat

☐ Feeling stressed

☐ Being around people

☐ Wearing certain clothes

☐ Other: _____

My biggest trigger today:

One thing I'll change tomorrow:

DAY 3 — CHECK YOUR CLOTHES

Today, pay attention to your clothing.

Before leaving:

☐ Clean clothes

☐ Clothes completely dry

☐ Breathable/comfortable clothing where practical

At the end of the day:

Which clothing made me feel most comfortable?

Did any clothing become unusually sweaty?

What will I do differently tomorrow?

DAY 4 — BREAK THE CHECKING CYCLE

Today we're focusing on the thought:

"Do I smell?"

Every time it appears, don't automatically check.

Instead, write a small mark here:

Worry appeared	What I did
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

How many times did you check unnecessarily?

Before today: _____

Today: _____

Don’t judge yourself.

You’re simply observing the pattern.

DAY 5 — BUILD YOUR PERSONAL ROUTINE

Complete your routine.

MORNING

☐ Shower

☐ Wash sweaty areas

☐ Dry properly

☐ Clean clothes

☐ Normal deodorant/antiperspirant routine

DURING THE DAY

☐ Notice genuine sweat

☐ Freshen up when necessary

☐ Avoid unnecessary repeated checking

EVENING

☐ Change out of sweaty clothes

☐ Shower/clean up as appropriate

☐ Prepare clean clothes for tomorrow

DAY 6 — PREPARE FOR REAL LIFE

Today, prepare your emergency kit.

My emergency pouch contains:

☐ Wipes

☐ Tissue

☐ Small towel

☐ Deodorant/antiperspirant

☐ Spare clothing

☐ Other: _____

Where will I keep it?

When will I use it?

DAY 7 — YOUR RESET REVIEW

You've made it through seven days.

Now look at what you've learned.

MY BIGGEST SWEAT TRIGGER:

THE ROUTINE THAT WORKED BEST FOR ME:

WHEN I WORRY ABOUT SMELLING, I USUALLY:

THE CHECKING HABIT I WANT TO REDUCE:

THE ONE THING I'LL CONTINUE:

YOUR 7-DAY SCORECARD

Give yourself one point for each statement that is true.

Statement	✓
I followed my basic hygiene routine	☐

I paid attention to my sweat triggers	☐
I wore clean clothes	☐
I prepared for long/hot days	☐
I had an emergency freshness plan	☐
I reduced unnecessary checking	☐
I know when to seek professional help	☐

MY SCORE: ____ / 7

But don’t obsess over the number.

This isn’t an exam.

The purpose is to help you understand your own routine.

YOUR PERSONAL FRESHNESS BLUEPRINT

Now fill this in and keep it somewhere accessible.

MY NORMAL MORNING ROUTINE

MY BIGGEST SWEAT TRIGGER

MY BEST CLOTHING CHOICE

MY EMERGENCY PLAN

WHAT I WILL DO WHEN “DO I SMELL?” POPS INTO MY HEAD

WHEN I WILL SEEK PROFESSIONAL HELP

AFTER DAY 7

You don’t need to start over every Monday.

You’ve now learned your patterns.

Keep the habits that work.

Adjust the ones that don’t.

Continue paying attention to genuine changes without constantly monitoring yourself.

And remember:

Freshness should support your confidence—not control it.

IMPORTANT HEALTH NOTE

Persistent or unusual body odour can sometimes have causes that aren’t simply related to hygiene. If you notice a significant or persistent change, especially alongside symptoms such as skin changes, pain, itching, sores, fever, unusual discharge, or other concerning symptoms, speak with a qualified healthcare professional.

These bonuses are for general education and practical self-care. They aren’t a diagnosis or a substitute for medical care.