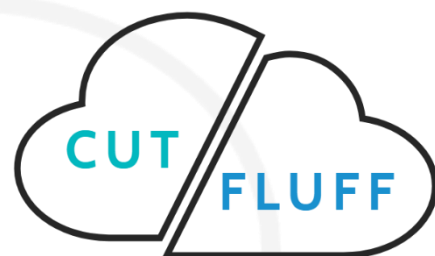


Clean-Living Checklist



A simple list of items and habits to check

Here's a checklist to run-through while cleaning your home and life from toxic products and habits. This list isn't items to get rid of, but a simple list of items or habits to be consciously aware of when going about your life and daily routines. This list includes your daily habits because these can make or break the clean-living lifestyle. If you're not 100% on board with making changes in your life, then these life changes won't stick. Are you committed?

1. HAIR PRODUCTS

- | | |
|--|--|
| <input type="checkbox"/> Shampoo/Conditioner | <input type="checkbox"/> Dye/Colorings |
| <input type="checkbox"/> Setting Sprays | <input type="checkbox"/> Smoothers/Thickeners/Oils |
| <input type="checkbox"/> Mouse/Gel | <input type="checkbox"/> All Other Hair Products |

2. BODY AND FACE PRODUCTS

- | | |
|---|---|
| <input type="checkbox"/> Skin/Face Exfoliators | <input type="checkbox"/> Sunscreen and After-Sun Lotion |
| <input type="checkbox"/> Lotion/Creams/Moisturizers | <input type="checkbox"/> Eye Care |
| <input type="checkbox"/> Soaps/Cleaners/Masks | <input type="checkbox"/> Wrinkle Creams/Lotions/Tools |
| <input type="checkbox"/> Acne Wash | <input type="checkbox"/> All Other Body/Face Products |

3. BEAUTY PRODUCTS

- | | |
|--|---|
| <input type="checkbox"/> Foundation/Concealers | <input type="checkbox"/> Nail Polish/Polish Remover/Nail Glue |
| <input type="checkbox"/> Eye Shadow/Eye Liner/Mascara | <input type="checkbox"/> Perfume/Cologne |
| <input type="checkbox"/> Lip Stick/Lip Gloss/Chapstick | <input type="checkbox"/> All Other Beauty Products |

4. BEDROOM PRODUCTS

- | | |
|--|--|
| <input type="checkbox"/> Linen Fresheners | <input type="checkbox"/> Sheets/Blankets/Comforters/Quilts |
| <input type="checkbox"/> Lubricants/Jelly/Intimate Items | <input type="checkbox"/> Mattress and Pillows |
| <input type="checkbox"/> Condoms | <input type="checkbox"/> All Other Bedroom Products |

5. BATHROOM PRODUCTS

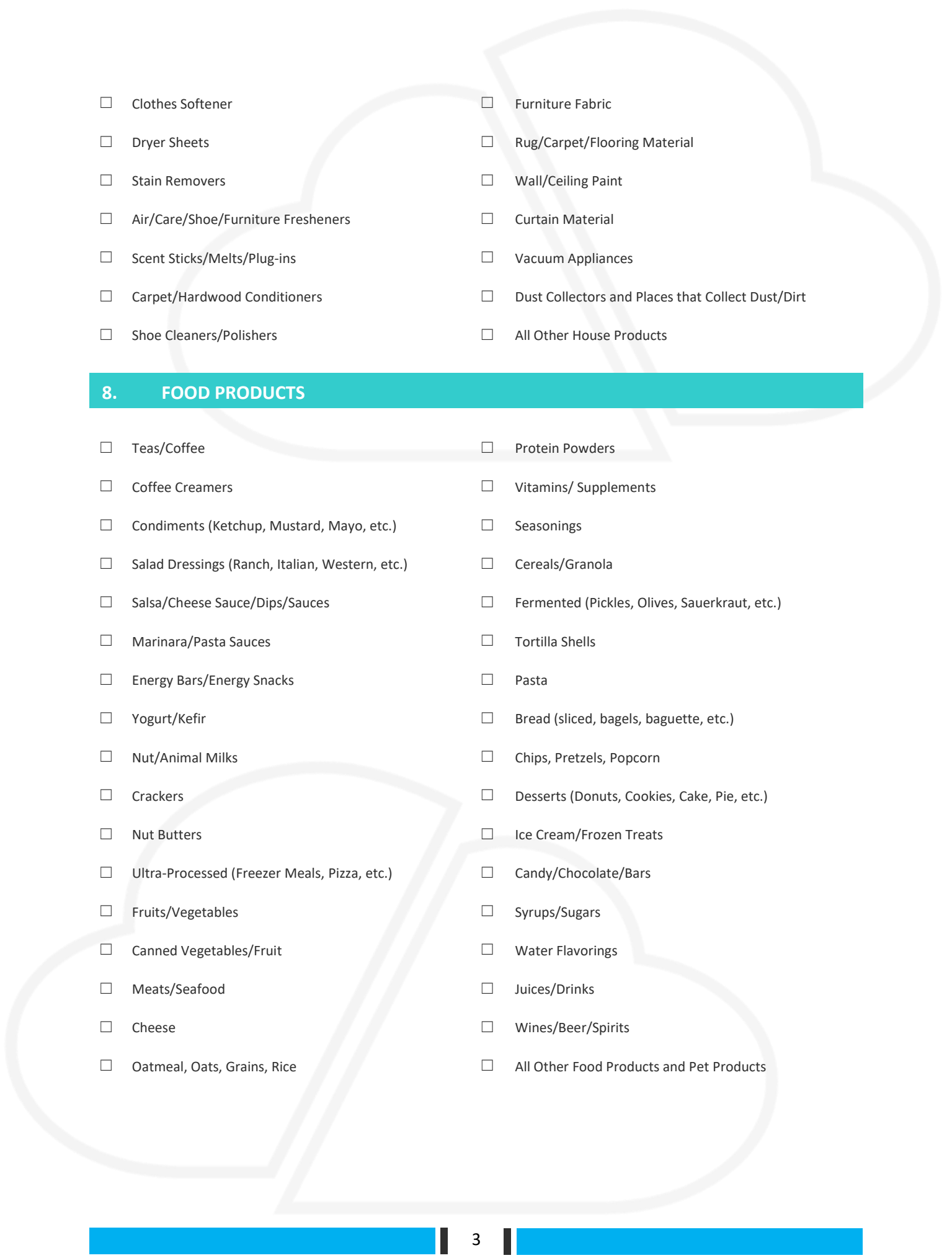
- | | |
|---|--|
| <input type="checkbox"/> Bath Bubbles/Bombs/Salts | <input type="checkbox"/> Muscle Gel |
| <input type="checkbox"/> Hand Soaps | <input type="checkbox"/> Toilet/Shower Cleaners |
| <input type="checkbox"/> Shaving Creams and Soaps | <input type="checkbox"/> Tampons/Pads/Cups |
| <input type="checkbox"/> Razors | <input type="checkbox"/> Feminine Wash |
| <input type="checkbox"/> Bug Spray/Insect Repellent | <input type="checkbox"/> Wet Wipes |
| <input type="checkbox"/> Toothpaste/Mouthwash/Teeth Whiteners | <input type="checkbox"/> Shower Curtain |
| <input type="checkbox"/> Toothbrush/Floss | <input type="checkbox"/> Loofahs/Scrub Pads |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Paper Products (Toilet/Tissues) |
| <input type="checkbox"/> Medicines/First-Aid Supplies | <input type="checkbox"/> All Other Bathroom Products |

6. KITCHEN PRODUCTS

- | | |
|--|--|
| <input type="checkbox"/> All-Purpose/Surface/Counter/Sink/Floor Cleaners | <input type="checkbox"/> Utensils/Straws/Serving Spoons/Knives |
| <input type="checkbox"/> Window/Mirror Cleaners | <input type="checkbox"/> Cutting Boards |
| <input type="checkbox"/> Dish Soap/Dishwasher Detergent | <input type="checkbox"/> Produce/Grocery Bags |
| <input type="checkbox"/> Fruit/Vegetable Spray | <input type="checkbox"/> Appliances/Containers |
| <input type="checkbox"/> Garbage/Compost Bags | <input type="checkbox"/> Paper Products (Napkins/Towels) |
| <input type="checkbox"/> Plates/Bowls/Cups | <input type="checkbox"/> All Other Kitchen Products |

7. OTHER HOUSE PRODUCTS

- | | |
|--|--|
| <input type="checkbox"/> Essential Oils | <input type="checkbox"/> Indoor Plants/Real Flowers/Silk Flowers |
| <input type="checkbox"/> Laundry Detergent | <input type="checkbox"/> Indoor Plant Fertilizers |

- 
- ☐ Clothes Softener
 - ☐ Dryer Sheets
 - ☐ Stain Removers
 - ☐ Air/Care/Shoe/Furniture Fresheners
 - ☐ Scent Sticks/Melts/Plug-ins
 - ☐ Carpet/Hardwood Conditioners
 - ☐ Shoe Cleaners/Polishers
 - ☐ Furniture Fabric
 - ☐ Rug/Carpet/Flooring Material
 - ☐ Wall/Ceiling Paint
 - ☐ Curtain Material
 - ☐ Vacuum Appliances
 - ☐ Dust Collectors and Places that Collect Dust/Dirt
 - ☐ All Other House Products

8. FOOD PRODUCTS

- ☐ Teas/Coffee
- ☐ Coffee Creamers
- ☐ Condiments (Ketchup, Mustard, Mayo, etc.)
- ☐ Salad Dressings (Ranch, Italian, Western, etc.)
- ☐ Salsa/Cheese Sauce/Dips/Sauces
- ☐ Marinara/Pasta Sauces
- ☐ Energy Bars/Energy Snacks
- ☐ Yogurt/Kefir
- ☐ Nut/Animal Milks
- ☐ Crackers
- ☐ Nut Butters
- ☐ Ultra-Processed (Freezer Meals, Pizza, etc.)
- ☐ Fruits/Vegetables
- ☐ Canned Vegetables/Fruit
- ☐ Meats/Seafood
- ☐ Cheese
- ☐ Oatmeal, Oats, Grains, Rice
- ☐ Protein Powders
- ☐ Vitamins/ Supplements
- ☐ Seasonings
- ☐ Cereals/Granola
- ☐ Fermented (Pickles, Olives, Sauerkraut, etc.)
- ☐ Tortilla Shells
- ☐ Pasta
- ☐ Bread (sliced, bagels, baguette, etc.)
- ☐ Chips, Pretzels, Popcorn
- ☐ Desserts (Donuts, Cookies, Cake, Pie, etc.)
- ☐ Ice Cream/Frozen Treats
- ☐ Candy/Chocolate/Bars
- ☐ Syrups/Sugars
- ☐ Water Flavorings
- ☐ Juices/Drinks
- ☐ Wines/Beer/Spirits
- ☐ All Other Food Products and Pet Products

9. PET PRODUCTS

- | | |
|---|--|
| <input type="checkbox"/> Pet Food/Treats | <input type="checkbox"/> Pet Toys/Beds/Scratch Posts |
| <input type="checkbox"/> Bug/Ear/Other Medicine | <input type="checkbox"/> All Other Pet Products |

10. INFANT & TODDLER PRODUCTS

- | | |
|---|--|
| <input type="checkbox"/> Infant Formula | <input type="checkbox"/> Baby/Toddler Snacks |
| <input type="checkbox"/> Baby Cereal | <input type="checkbox"/> Baby Electrolyte Solutions |
| <input type="checkbox"/> Baby Jars and Meals | <input type="checkbox"/> Baby Juices and Drinks |
| <input type="checkbox"/> Baby Food Pouches | <input type="checkbox"/> Diapers/Pull-Ups |
| <input type="checkbox"/> Infant/Toddler Shampoos and Conditioners | <input type="checkbox"/> Infant/Toddler Creams and Oils |
| <input type="checkbox"/> Infant/Toddler Soaps and Washes | <input type="checkbox"/> Infant/Toddler Wipes |
| <input type="checkbox"/> Baby Powders | <input type="checkbox"/> Infant/Toddler Mattresses, Sheets, and Blankets |
| <input type="checkbox"/> Child Plastic Dishes and Utensils | <input type="checkbox"/> Child Plastic Drinking Containers |
| <input type="checkbox"/> Children Clothing | <input type="checkbox"/> Children Toys, Balls, and Sports Equipment |
| <input type="checkbox"/> Car Seat Fabrics | <input type="checkbox"/> All Other Infant and Toddler Products |

11. PHYSICAL/EMOTIONAL/MENTAL CHECK

- | | |
|---|---|
| <input type="checkbox"/> Significant Other Relationship | <input type="checkbox"/> Mindfulness/Meditation |
| <input type="checkbox"/> Family Relationships | <input type="checkbox"/> Down Time to Ponder/Think/Dream |
| <input type="checkbox"/> Friend Relationships | <input type="checkbox"/> Connection to Nature |
| <input type="checkbox"/> Co-Worker Relationships | <input type="checkbox"/> Community Relationship/Connection |
| <input type="checkbox"/> Public Friendliness/Kindness | <input type="checkbox"/> Community Volunteer Role |
| <input type="checkbox"/> Sleeping Habits and Lengths | <input type="checkbox"/> Water Consumption Throughout Day |
| <input type="checkbox"/> Alone Time and Social Time Balance | <input type="checkbox"/> Yoga/Pilates/Stretching |
| <input type="checkbox"/> 30-Minute Daily Movement | <input type="checkbox"/> Strength Training |
| <input type="checkbox"/> Heart-Pumping Movement | <input type="checkbox"/> All Other Physical/Emotional/Mental Habits |