

A SIMPLE DAILY CHECK-IN TO HELP YOU
NOTICE WHAT YOUR BODY IS TELLING YOU

The
**7-DAY
FEMININE
FRESHNESS**
Tracker

UNDERSTAND
YOUR PATTERNS.
SIMPLIFY YOUR
ROUTINE.
FEEL CONFIDENT
AGAIN.



7 DAYS OF
GUIDED CHECK-INS



NOTICE WHAT
MATTERS MOST



UNDERSTAND
YOUR BODY BETTER



RESET & FEEL
LIKE YOURSELF

A BONUS BY
OMO LOLA

— THERAPIST & COUNSELOR —

*Your body.
Your balance.
Your peace.*



The 7-Day Feminine Freshness Tracker

A simple daily check-in to help you notice what your body is telling you

Before You Start

Let me tell you something important: this tracker is **not for obsessing over every little change**.

Your body can smell and feel slightly different from one day to another. That can be normal. Your menstrual cycle, sweat, intimacy, clothing, and even stress can cause changes.

The purpose of this tracker is simple: To help you notice patterns.

Sometimes, you keep experiencing the same problem but don't know what may be triggering it. One day it gets worse. Another day it feels better. Then you try a new product and can't remember if the smell started before or after. This tracker helps you slow down and pay attention.

At the end of seven days, you may notice things you were missing.

How to Use This Tracker

At the end of each day, take **two minutes** to answer the questions honestly. Don't overthink your answers. Just record what happened.

Remember:

- You are not trying to smell “perfect.”
- A natural intimate smell is normal.
- The goal is to notice **unusual or recurring changes**.
- Do not insert anything into the vagina to test or clean it.
- If you have persistent unusual odour, itching, burning, pain, unusual discharge, sores, fever, or pelvic pain, speak with a healthcare professional.

DAY 1: NOTICE YOUR NORMAL

Today, I felt:

Freshness/comfort:

Low, Okay, Good

Did anything feel different today?

- ☐ Stronger smell than usual
- ☐ New or unusual smell
- ☐ Itching
- ☐ Burning
- ☐ Irritation
- ☐ Unusual discharge
- ☐ Nothing unusual

Today, I:

- ☐ Washed gently
- ☐ Used a scented product
- ☐ Used a new product
- ☐ Wore tight clothing for a long time
- ☐ Sweated a lot
- ☐ Stayed in damp or sweaty clothing
- ☐ Had intimacy
- ☐ Started or changed my period

What stood out today?

DAY 2: CHECK YOUR ROUTINE

Today, think about the small things. Sometimes, it's not one big event. It's a pattern. **My comfort today was:** Low, okay, good

Did I notice any change?

- ☐ No change
- ☐ Better than yesterday
- ☐ Worse than yesterday
- ☐ About the same

My routine today:

- ☐ I kept my routine simple
- ☐ I washed more than once because I was worried
- ☐ I used soap or cleanser on the external area
- ☐ I used a scented spray, wipe, or powder
- ☐ I changed into clean, dry underwear
- ☐ I stayed in tight or sweaty clothing

What may have affected me today?

DAY 3: CHECK THE HIDDEN TRIGGERS

Today, pay attention to what changed around you.

Did any of these happen?

- ☐ I exercised or sweated heavily
- ☐ I wore very tight clothing
- ☐ I had intimacy
- ☐ I used a new soap or product
- ☐ I changed my laundry detergent
- ☐ I felt very stressed
- ☐ I slept poorly
- ☐ I was on my period or had spotting

My comfort today:

Low, Okay, Good

My body seemed to feel:

- ☐ Normal for me
- ☐ Slightly different
- ☐ Noticeably different

What do I think may have played a role?

DAY 4: CHECK BEFORE YOU REACT

Today is about noticing how you respond. If something feels off, what is your first reaction?

- ☐ I panic
- ☐ I wash repeatedly
- ☐ I search online for quick fixes
- ☐ I use another product
- ☐ I stay calm and observe
- ☐ I follow a simple, gentle routine

Now ask yourself:

Did doing more actually make me feel better?

Sometimes, the best thing you can do is **stop adding new things**.

Give your body a chance to settle.

DAY 5: NOTICE THE PATTERN

You are now five days in. Look back at your previous answers.

Ask yourself:

- **When did I feel most comfortable?**
- **What was different on that day?**
- **When did I notice the biggest change?**
- **What happened around that time?**

You may already be seeing a pattern. Maybe the change followed sweating. Maybe it happened after using a particular product. Maybe nothing obvious changed, which is also important information.

DAY 6: SIMPLIFY

Today, give your routine a break from unnecessary extras. Focus on:

- ☐ Gentle external hygiene
- ☐ Staying dry
- ☐ Changing out of sweaty clothes
- ☐ Clean, breathable underwear
- ☐ Avoiding unnecessary scented products
- ☐ Drinking enough water
- ☐ Getting enough rest

How did my body feel today?

Low, Okay, Good

Compared with Day 1:

- ☐ Better
- ☐ About the same
- ☐ Worse
- ☐ Too early to tell

DAY 7: YOUR FRESHNESS REVIEW

Well done. You've spent seven days paying attention without panic. Now look at the whole week.

My Biggest Patterns

- 1. When did I feel most comfortable?**
- 2. When did I notice changes?**
- 3. What seemed to trigger or worsen the problem?**
- 4. What habits helped me feel more comfortable?**
- 5. What do I want to stop, reduce, or change?**
- 6. Is this a recurring problem that needs professional attention?**
 - ☐ No, I am comfortable with what I observed
 - ☐ I'm not sure
 - ☐ Yes, it keeps happening
 - ☐ Yes, I have additional symptoms

My 7-Day Feminine Freshness Snapshot

My comfort this week:

Day	My Comfort
Day 1	Low / Okay / Good
Day 2	Low / Okay / Good
Day 3	Low / Okay / Good
Day 4	Low / Okay / Good
Day 5	Low / Okay / Good
Day 6	Low / Okay / Good
Day 7	Low / Okay / Good

My main pattern:

My biggest possible trigger:

The habit I want to continue:

The habit I want to stop:

A Final Word From Me

Don't use this tracker to become afraid of your body, use it to **understand your patterns better**. A vagina does not have to smell like perfume to be healthy. Your natural smell can change during your cycle, after exercise, and at other times.

But if you notice a strong, unusual, or persistent odour especially alongside **itching, burning, pain, unusual discharge, sores, or fever**, please don't keep trying random products.

Get proper medical advice.

You deserve answers.

And the more you understand your own patterns, the easier it becomes to care for your body without fear, shame, or unnecessary stress.

Observe. Simplify. Notice. Respond.

That's the Feminine Balance Reset way.