

Vulva Care Checklist



Month:

Year:

<input type="checkbox"/> Stay Hydrated	<input type="checkbox"/> Wear breathable underwear	<input type="checkbox"/> Walk outside for 20 minutes	<input type="checkbox"/> Eat your fruits and vegetables	<input type="checkbox"/> Sleep at least 8 hours a day	<input type="checkbox"/> Gentle hair removal
<input type="checkbox"/> Speak up during sex	<input type="checkbox"/> STD/STI Testing	<input type="checkbox"/> Reduce smoking/ alcohol intake	<input type="checkbox"/> Maintain healthy boundaries	<input type="checkbox"/> Avoid douching	<input type="checkbox"/> Pap Smear
<input type="checkbox"/> Use mild detergents for underwear	<input type="checkbox"/> Choose only partners you want	<input type="checkbox"/> Practice solo sex	<input type="checkbox"/> Look at your vulva in a mirror	<input type="checkbox"/> Use Lube	<input type="checkbox"/> No harsh soaps/ intimate washes
<input type="checkbox"/> Use gentle moisturisers/ limit scented products	<input type="checkbox"/> Know your normal	<input type="checkbox"/> Understand your discharge	<input type="checkbox"/> Practice Safer Sex	<input type="checkbox"/> Explore Contraceptive Options	<input type="checkbox"/> Wipe from front to back
<input type="checkbox"/> Keep stress to a minimum	<input type="checkbox"/> Practice deep breathing	<input type="checkbox"/> Avoid painful sex	<input type="checkbox"/> Visit a gynaecologist	<input type="checkbox"/> Prioritize pleasure	<input type="checkbox"/> Exercise regularly