	Hanging out (with pals)	Quick errands run	Out and about	Nightlife/Dates	Client facing/Interviewing
Are your teeth brushed and picked?	☐	☐	☐	☐	☐
Did you put on your deoderant?	☐	☐	☐	☐	☐
Are your nostrils free of boogers?	☐	☐	☐	☐	☐
Is your phone charged?	☐	☐	☐	☐	☐
Are your lips dry, cracked or peeling?	☐	☐	☐	☐	☐
Did you go through your skincare routine?	☐	☐	☐	☐	☐
Did you put on lotion or UV (if applicable)?	☐	☐	☐	☐	☐
Are your nails clean (including toenails?)	☐	☐	☐	☐	☐
Have you combed or brushed your hair?	☐	☐	☐	☐	☐
Go ahead and have a breathmint	☐	☐	☐	☐	☐
Do a pocket check	☐	☐	☐	☐	☐
Have you showered?		☐	☐	☐	☐
Check your outfit for stains and odor		☐	☐	☐	☐
Do you have your debit (or credit) card and ID in your wallet?		☐	☐	☐	☐
Do you have cash in your wallet? [1]		☐	☐	☐	☐
If you want to wear fragrance is it on? [2]			☐	☐	
If you have a mechanical watch is the time correct?			☐	☐	☐
Is your outfit clean?			☐	☐	☐
Is your outfit free of deep set wrinkles?			☐	☐	☐
If you have facial hair is it somewhat kempt?			☐	☐	☐
Have you shaved the back of your neck in the past 2 weeks?			☐	☐	☐
Have you gotten a trim/haircut in the past 3 weeks?			☐	☐	☐
Have you styled your hair? [3]				☐	☐
Are your nails trimmed (including toenails)?				☐	☐
Is your outfit free of wrinkles?				☐	☐
Have you cleaned your shoes in the past week?				☐	☐
Are your brows kempt and tamed? [4]				☐	☐
Have you trimmed your nose or ear hairs in the past week?				☐	☐
Have you gotten a trim/haircut in the past week?				☐	☐
Is your body hair trimmed?				☐	
Do you have protection?				☐	
Have you cleaned your place and bathroom (like REALLY got in there)?				☐	
Is your jewelry clean?				☐	☐
If you have leather shoe (that aren't sneakers) have you polished them?				☐	☐
Are you in a good mood? [5]				☐	☐
Is your facial hair completely kempt or shaven?					☐

[1] I like to carry in cash how much I intend on spending with my card. It doubles as emergency money and avoids awkward situations and you wasting your time if a merchant is having problems with their card processor.

[2] It is of my opinion that you PROBABLY shouldn't wear any cologne when you're interviewing or meeting with clients. Even "safe" fragrances can offend some nostrils.

[3] Obviously this isn't applicable to everybody. If you have a buzz cut or you're bald you can't really style your hair. Also some people's hair wear better unstyled. If this the case for you ignore this row.

[4] You don't have to go out and get your eyebrows shaped or microbladed (I don't) but at least make an effort to get rid of stray hairs.

[5] Yeah. This is actually important. If you're trying to close a client or get intimate with somebody you want to be in as good of a mood AS POSSIBLE. If you aren't in a good mood: listen to some music, do a little dance, and get pumped up.