

Please take a few moments to go through your home and answer all of these questions regarding the household and personal products you are currently using. It is important that you list the exact brand name, type, scent/fragrance, etc.

What type of laundry detergent do you use? \_\_\_\_\_  
What type of liquid fabric softener do you use? \_\_\_\_\_  
What type of dryer sheets do you use? \_\_\_\_\_

What cleaning products do you use:  
A.) when cleaning around the kitchen? \_\_\_\_\_  
B.) when cleaning dishes? \_\_\_\_\_  
C.) in the bathrooms? \_\_\_\_\_  
D.) in other areas of the house (bedrooms, living room, etc.)? \_\_\_\_\_

Do you use Febreze or other spray/aerosolized air fresheners around your home?	YES	NO	
Do you have any plug-ins at home?	YES	NO	
Any timed-release air fresheners?	YES	NO	
Scented candles?	YES	NO	
Reed diffusers?	YES	NO	
Do you wear perfume or cologne?	YES	NO	
Do you use any talcum powder or shower-to-shower powder?	YES	NO	
Do you use any lotion? If yes, what kind?	YES	NO	_____
When/if using, what type of sunscreen do you use?			_____
When/if using, what kind of shaving cream do you use?			_____
Any aftershave? If yes, what kind?	YES	NO	_____
Do you use any hairspray, hair gels, or other similar hair care products? If yes, what kind?	YES	NO	_____
What kind of deodorant do you use?			_____
What kind of body wash or soap do you use?			_____
What kind of shampoo do you use?			_____
What kind of conditioner do you use?			_____
When dusting and/or vacuuming around the house, do you wear a mask?	YES	NO	
When doing yard work, do you wear a mask?	YES	NO	