

# BATHROOM BOOTY CAMP

## 7-DAY CHALLENGE

**POOR BATHROOM ETIQUETTE IS A MAJOR POINT OF CONTENTION IN MANY RELATIONSHIPS.** The Responsible Flushing Alliance asked more than 1,300 Americans which habits got under their skin the most, then developed Bathroom Bootycamp to help you get into shape and save your relationships (or your housemates' sanity).

**Join the 7-Day Challenge!**

### DAY 1

#### (TOILET PAPER) ROLL CALL!

Nearly 40% of survey respondents said not replacing the toilet paper roll was their biggest bathroom annoyance. Don't be the culprit.

**Daily Drill:** When the roll is empty, race against the clock (and your dignity) to replace it with a fresh one. Next time you think you don't have time to change the roll, remember that you always have a few seconds to spare.

**Pro Tip:** Keep extra rolls nearby to increase your speed.

### DAY 3

#### THE HAIR HUNT

Stray strands of hair in the sink or shower are the biggest bathroom gross-out for 35% of respondents. It belongs on your head, not in the drain!

**Daily Drill:** After showering or styling, pretend every stray hair is a tiny, elusive monster. Capture them all and dispose of them in the trash can.

**Pro Tip:** Hair down the sink and the toilet can also cause clogs. Trashing stray strands can help save your relationship *and* your pipes!

### DAY 5

#### COUNTERTOP CONQUEROR

Just over 30% of folks said toothpaste or water spots left on the countertop are the top commode complaint. Leave surfaces spotless!

**Daily Drill:** After washing your hands or brushing your teeth, imagine a tiny, invisible tsunami is threatening to engulf your counter. You have 10 seconds to grab a cloth or wet wipe and clean every single splatter, humming the Jaws theme song dramatically as you do.

**Pro Tip:** Having a place for everything and everything in its place helps. Keep spare rags or wet wipes under your bathroom sink, and make sure there's a dedicated spot for your toothpaste tube.

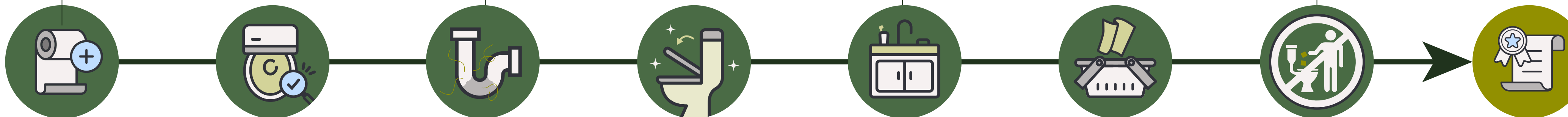
### DAY 7

#### GET FLUSH FIT

Flushing non-flushable items (like wipes with the **Do Not Flush** label, period products, paper towels and hair) is a leading cause of bathroom chaos for a smart 13% of respondents. Learning what **NOT** to flush won't just save your relationship, it also saves major cash (up to \$440M a year for utility rate payers) as well as our infrastructure!

**Daily Drill:** Hold non-flushable items over the trash can and loudly declare "You shall not be flushed!" before triumphantly dropping them into the bin (and closing the lid).

**Pro Tip:** Knowing the difference between flushable and non-flushable is easy. Anything that's not human waste, toilet paper, or a wipe specifically labeled as flushable (also known as moist toilet tissue) should always go in the trash and never the toilet.



### DAY 2

#### THE FLUSH FORCE FIELD

About 37% of people say that an unflushed toilet is the worst bathroom offender. After you go, let it flow!

**Daily Drill:** Every time you exit the bathroom, turn around and pretend a force field is pushing you back to check the flush. Make a silly sound effect while you do it.

**Pro Tip:** Put a "May the Flush Force Be With You" sign on the bathroom door for an easy reminder every time you exit.

### DAY 4

#### PORCELAIN PATROL TWO-STEP

Both an unclean toilet and a seat left ajar come in at 31% for biggest bathroom pet peeves. Clean it and close it!

**Daily Drill:** After using the toilet, give the bowl a quick swish with the brush AND ensure the seat is down. For bonus points, wipe the seat with an anti-bacterial wipe and toss it in the trash! Then do a little victory dance.

**Pro Tip:** Disinfecting wipes are great for cleaning the toilet handle, seat and outer portion of the toilet — but you will notice the Do Not Flush symbol on the packaging. This means they go in the trash and never the toilet.

### DAY 6

#### LAUNDRY LAUNCH

Towels left on the floor tick off about 25% of people. Towels crave hampers, not floors!

**Daily Drill:** Transform your dirty towel into a basketball and aim for the hamper. Swish! If you miss, do five jumping jacks. Repeat until you score.

**Pro Tip:** On the topic of towels, be sure to wash them in hot water every three to four uses before they start building up smelly bacteria.

### CONGRATULATIONS!

You've completed the 7-Day Bathroom Bootycamp Challenge and are no longer gross! Your pipes thank you. Your housemates thank you. Now keep the habits (and the peace) going year-round!



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