



PRE-SESSION CHECKLIST

Bag

To-do

☐ HAIR SPRAY AND PINS

☐ MAKE UP TOUCH UPS

☐ SKIN-TONED THONG

☐ LINGERIE PIECES

☐ SHOES/STOCKINGS

☐ LOTION

☐ JEWELRY AND ACCESSORIES

☐ WATER/LIGHT SNACKS (NON-MESSY)

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☐ EAT LIGHT MEAL

☐ HYDRATE

☐ STRETCHES

☐ CLEAR/NO DEODORANT

☐ LOOSE FITTING CLOTHING (WIDE NECK)

☐ MOISTURIZE

☐ HAIR AND MAKEUP

☐ AFFIRMATIONS

☐ DANCE IT OUT!

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