
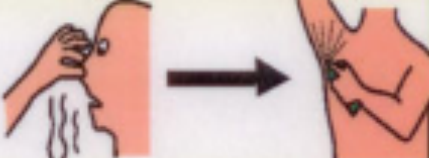



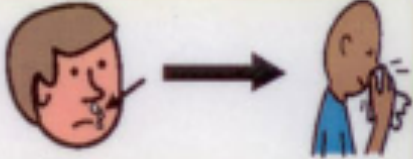









Before we go out today, make sure you have checked these things?



-  Smell your armpits. Do they smell fresh? If not, put some deodorant on. 
-  Look at your clothes. Are they clean? If not, change them, or clean them. 
-  Look at your nose - is it clean? If not, blow it. 
-  Look at your face - is it clean? If not, wash it. 
-  Look at your hair - does it look neat? If not, brush it. 
-  Look at your clothes - are they neat? If not, fix them. 
-  Go to the toilet. Make sure your undies are clean and that they don't smell. If they are not clean, change them. 