



I use deodorant.

1. It is helpful to use deodorant before getting dressed in the morning, after I take a shower, and before exercising.
2. I remove the cap of the deodorant container.
3. I hold deodorant in the right hand while lifting my left arm up toward the ceiling.
4. I rub the deodorant in circles onto the skin of my left armpit three times. Then I put my left arm down.
5. I switch hands to hold deodorant in my left hand while lifting my right arm up into toward the ceiling.
6. I rub the deodorant in circles onto the skin of my right armpit three times. Then I put my right arm down.
7. I finish getting dressed.

