

7-Day Bathroom Moisture Tracker

Measure how quickly the room dries after a shower. The goal is to shorten wet-surface time, not just mask musty odors.

Daily tracker

Day	Humidity after shower	Humidity after 30 min	Fan minutes	Surfaces dry?	Notes
1				Yes / No	
2				Yes / No	
3				Yes / No	
4				Yes / No	
5				Yes / No	
6				Yes / No	
7				Yes / No	

How to use it

Record humidity with a small hygrometer if available. More important: note whether mirrors, grout, floors, curtains and towels stop feeling damp. Compare the same time interval each day.

Bathroom Moisture Action Plan

Use the checklist after the seven-day test to fix the slowest-drying part of the room.

After every shower

- | | |
|--|--|
| ☐ Run the exhaust fan during the shower | ☐ Keep the fan running after the shower |
| ☐ Squeegee glass and tile | ☐ Dry puddles and floor edges |
| ☐ Spread towels instead of folding them | ☐ Open the door when privacy and safety allow |
| ☐ Pull the curtain open to dry | ☐ Remove wet mats if they stay damp |

Weekly moisture check

- | | |
|---|---|
| ☐ Inspect caulk, grout and ceiling corners | ☐ Check under the sink for leaks |
| ☐ Clean dust from the fan cover | ☐ Wash towels, mats and curtain liner |
| ☐ Check window or wall condensation | ☐ Move products away from damp corners |

Choose one improvement

Slowest-drying surface

Change to test this week

How I will measure improvement

Date to review the result

When a checklist is not enough

Persistent mold, a recurring leak, swollen wall material, sewage odor, large affected areas, or breathing symptoms need professional assessment. Do not mix bleach, ammonia, acids, disinfectants, or drain cleaners.