



Hygiene Checklist



Morning

	Sun	Mon	Tue	Wed.	Thur	Fri	Sat
Put on Clean Clothes							
Brush Teeth							
Floss							
Eat Breakfast							
Wash Face							
Put On Deodorant							
Brush Hair							

Bedtime

Brush Teeth							
Floss							
Wash Face							
Put on Clean Clothes							

Shower

Arm Pits							
Hair							
Feet							
Shave if needed							
Fresh Deodorant							

Have an amazing day!