

Daily Grooming & Hygiene Checklist

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Shower							
Shampoo							
Comb/Brush Hair							
Brush & Floss Teeth							
Wash Face							
Wash Hands – multiple times/day *							
Clean and cut Fingernails							
Cut toenails							
Clean clothes							
Shave							
Deodorant							
8 hours of sleep							
Exercise							
Make a social/recreational connection							

*wash hands (before preparing or eating food, after going to the bathroom, after coughing or sneezing, after handling garbage)