

Personal Hygiene Checklist

Here is a checklist for you to complete before you go looking for a job or report for work:

- ✓ Shaved or neatly trimmed mustache and beard.
- ✓ Used deodorant
- ✓ Took a bath
- ✓ Have a neat hairstyle
- ✓ Brushed my teeth
- ✓ Combed my hair
- ✓ Cleaned my fingernails
- ✓ Have pressed and clean clothes

Don't look for a job until you can check each item that applies to you!