

DAILY HYGIENE CHECK LIST

- ☐ BRUSH MY TEETH IN THE MORNING
- ☐ WEAR CLOTHES THAT DON'T SMELL
- ☐ MAKE SURE MY SHOES DON'T SMELL
- ☐ USE DEODORANT
- ☐ WASH MY BODY AND CLEAN EVERYWHERE
- ☐ MAKE SURE THAT MY HAIR IS NEAT
- ☐ COVER MY MOUTH WHEN COUGH OR SNEEZE
- ☐ WIPE WELL AFTER USING THE BATHROOM
- ☐ BRUSH AND FLOSS BEFORE BED
- ☐ WASH MY HANDS BEFORE EATING
- ☐ KEEP MY NAILS TRIMMED
- ☐ USE A TISSUE TO BLOW MY NOSE

