

# Personal Hygiene Daily Activities



<u>Morning Action</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bath / Shower / Full body wash							
Clean teeth							
Put on deodorant							
Put on clean clothing							
Brush hair							
Make bed							



<u>Evening Action</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bath / Shower / Full body wash							
Put on clean pyjamas							
Clean teeth							



<u>Sometime each week</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cut nails							
Clean ears							

