

HYGIENE CHART Write the appropriate date in each bracket then check off each task as it is completed. Use a new chart every 3 weeks.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
[ ]	[ ]	[ ]	[ ]	[ ]	[ ]	[ ]
☐ Shower/Bath	☐ Shower/Bath	☐ Shower/Bath	☐ Shower/Bath	☐ Shower/Bath	☐ Shower/Bath	☐ Shower/Bath
☐ Wash Hair	☐ Wash Hair	☐ Wash Hair	☐ Wash Hair	☐ Wash Hair	☐ Wash Hair	☐ Wash Hair
☐ Brush Teeth	☐ Brush Teeth	☐ Brush Teeth	☐ Brush Teeth	☐ Brush Teeth	☐ Brush Teeth	☐ Brush Teeth
☐ Clean Ears	☐ Clean Ears	☐ Clean Ears	☐ Clean Ears	☐ Clean Ears	☐ Clean Ears	☐ Clean Ears
$\square$ Clean Clothes	☐ Clean Clothes					
[ ]	[ ]	[ ]	[ ]	[ ]	[ ]	[ ]
☐ Shower/Bath	☐ Shower/Bath	☐ Shower/Bath	☐ Shower/Bath	☐ Shower/Bath	☐ Shower/Bath	☐ Shower/Bath
☐ Wash Hair	☐ Wash Hair	☐ Wash Hair	☐ Wash Hair	☐ Wash Hair	☐ Wash Hair	☐ Wash Hair
☐ Brush Teeth	☐ Brush Teeth	☐ Brush Teeth	☐ Brush Teeth	☐ Brush Teeth	☐ Brush Teeth	☐ Brush Teeth
☐ Clean Ears	☐ Clean Ears	☐ Clean Ears	☐ Clean Ears	☐ Clean Ears	☐ Clean Ears	☐ Clean Ears
$\square$ Clean Clothes	☐ Clean Clothes					
[ ]	[ ]	[ ]	[ ]	[ ]	[ ]	[ ]
☐ Shower/Bath	☐ Shower/Bath	☐ Shower/Bath	☐ Shower/Bath	☐ Shower/Bath	☐ Shower/Bath	☐ Shower/Bath
☐ Wash Hair	☐ Wash Hair	☐ Wash Hair	☐ Wash Hair	☐ Wash Hair	☐ Wash Hair	☐ Wash Hair
☐ Brush Teeth	☐ Brush Teeth	☐ Brush Teeth	☐ Brush Teeth	☐ Brush Teeth	☐ Brush Teeth	☐ Brush Teeth
☐ Clean Ears	☐ Clean Ears	☐ Clean Ears	☐ Clean Ears	☐ Clean Ears	☐ Clean Ears	☐ Clean Ears
☐ Clean Clothes	☐ Clean Clothes	☐ Clean Clothes	☐ Clean Clothes	☐ Clean Clothes	☐ Clean Clothes	☐ Clean Clothes

## **OTHER THINGS TO CONSIDER:**

- WASH HANDS BEFORE EATING
- WASH HANDS AFTER USING THE BATHROOM
- FLOSS YOUR TEETH AT LEAST 2X/WEEK

- KEEP YOUR HAIR NEATLY GROOMED AND COMBED
- KEEP FINGERNAILS AND TOENAILS NEATLY TRIMMED
- USE DEODERANT, MOUTHWASH, AND COLOGNE/PERFUME AS NEEDED