



## PERSONAL HYGIENE ROUTINE

- ☐ Use the bathroom/toilet
- ☐ Wash hands with soap
- ☐ Shower using  
shampoo/conditioner and soap
- ☐ Use facial wash
- ☐ Brush and floss teeth
- ☐ Comb or brush hair
- ☐ Apply deodorant
- ☐ Shave as needed