

Hygiene Checklist

Self-Hygiene Chores



Brush Teeth



Wash face



Brush hair



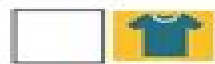
Shower/bath



Clean ears



Dry body and hang towel



Dirty clothes in basket



Wear clean underwear



Apply deodorant



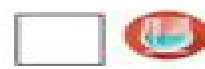
Eat nutritious breakfast



Work/school



Lunch - fruits & vegetables



Drink water



Vitamins & medication



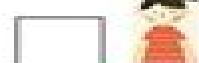
Potty time - wipe thoroughly



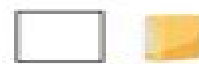
Wash hands after



Dinner time - vegetables



Socialize with friends and family



Read or hobby time



Bed at a reasonable time

You Are Good At Things A Checklist

Guy Brook-Hart, Vanessa Jakeman



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