









































PERSONAL HYGIENE CHART

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
take bath or shower 							
brush teeth 	 	 	 	 	 	 	 
wash face 	 	 	 	 	 	 	 
use deodorant 							
use lotion 							
brush hair 							
shave 							
nail care 							

My outfit should... 	be clean 	match 	be okay for the weather 
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