## Hygiene Checklist for teens

TO DO	SUN	MON	TUES	WED	THURS	FRI	SAT
MORNING							
Brush and floss teeth							
Take bath / shower							
Wash face							
Brush hair							
Put on deodorant							
Put on fragrance							
Put on clean clothes							
EVENING							
Wash face							
Shower if needed							
Brush and floss teeth							
Put on clean pajamas							
Weekly / Bi-weekly							
Shave							
Trim nails							
Wash and change bedding							