

Daily Hygiene Checklist

- _____ Brush my teeth in the morning
- _____ Wear clothes that don't smell
- _____ Make sure my shoes don't smell
- _____ Use deodorant
- _____ Wash my body and clean everywhere
- _____ Make sure that my hair is neat
- _____ Cover my mouth when I cough or sneeze
- _____ Wipe well after using the bathroom
- _____ Brush and floss before bed
- _____ Wash my hands before eating
- _____ Keep my nails trimmed
- _____ Use a tissue to blow my nose

**HYGIENE IS VERY IMPORTANT!
YOU WANT TO MAKE SURE THAT
YOU'RE KEEPING YOURSELF CLEAN
AND HEALTHY EVERY DAY.**



Daily Personal Hygiene Checklist

Lingjun Ying



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