

# Hygiene Checklist for Teens

To Do:	Sun	Mon	Tues	Thu	Fri	Sat
<b>Morning:</b>						
Brush and Floss Teeth						
Wash Face						
Brush Hair						
Put on Deodorant						
Put on Fragrance ( <i>just a little squirt</i> )						
Put on Clean Clothes						
<b>Evening:</b>						
Wash Face						
Take a Shower/Bath						
Wash Hair						
Brush and Floss Teeth						
Put on Clean Pajamas						
<b>Weekly/Biweekly:</b>						
Shave						
Trim Nails						
Wash and Change Bedding						