

My Hygiene

Hygiene means taking care of your body by keeping yourself clean and healthy everyday. Please answer the following questions about your hygiene habits and email (wholefoodslifestyles@gmail.com) it back to me before our first class together.

Why do you think hygiene is important?

On a scale of 1 – 10 (1 being the very poor and 10 being perfect) how would you rate your current level of hygiene?

1 2 3 4 5 6 7 8 9 10

List 5 good hygiene habits that you have.

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 things that you think needs improvement.

- 1.
- 2.
- 3.
- 4.
- 5.

What have others said about your hygiene?

What changes can you start making to help improve your hygiene?
