

Personal Hygiene Checklist



Morning:

- Brush your teeth
- Wash your face
- Moisturize your face
- Apply sunscreen
- Apply deodorant
- Spray perfume
- Put on clean clothes

Night:

- Brush your teeth
- Floss
- Remove your makeup
- Shower
- Wash your face
- Moisturize your face
- Moisturize your body

Weekly:

- Shave when you need to
- Exfoliate your face
- Exfoliate your body
- Use a face mask
- Use a hair mask
- Clean your ears
- Clean/trim/paint your nails

Other:

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