

Hygiene

Daily Hygiene Tasks

- ☐ Brush Teeth
- ☐ Take a Shower (Twice a week)
 - ☐ Shower #1
 - ☐ Shower #2
- ☐ Use Deodorant
- ☐ Skin Care
 - ☐ Wash Face
 - ☐ Skin Care Products

Weekly Tasks

- ☐ Shaving
 - ☐ Eyebrows
 - ☐ Armpits
- ☐ Face Mask

MOST IMPORTANT ONE

- ☐ SMILE