

PERSONAL HYGIENE ASSESSMENT

These are private and will not be seen by anyone, including teachers. They will all be collected and ripped up. Circle the number that best describes the things you actually do. Please answer honestly so you can understand how to improve your hygiene!

I wash my hands after I use the bathroom.

1. Never
2. Sometimes
3. Always

I wash my hands before I eat.

1. Never
2. Sometimes
3. Always

I brush my teeth twice a day.

1. Never
2. Sometimes
3. Always

I change my socks and underwear every day.

1. Never
2. Sometimes
3. Always

I put my clothes in the laundry after I have worn them one or two times.

1. Never
2. Sometimes
3. Always

I shower or take a bath at least three days a week.

1. Never
2. Sometimes
3. Always

I use soap in the shower or bath.

1. Never
2. Sometimes
3. Always

When I bathe, I wash all of my body parts, including my underarms, feet, and private areas.

1. Never
2. Sometimes
3. Always

When I use the bathroom, I wipe until the toilet paper is clean.

1. Never
2. Sometimes
3. Always

I use tissues, not my hands or sleeve, to blow my nose.

1. Never
2. Sometimes
3. Always

I clean out my desk and backpack once a week so that germs can't grow there.

1. Never
2. Sometimes
3. Always

Now go back and check your scores.

How many times did you score a 3? _____

How many times did you score a 2? _____

How many times did you score a 1? _____

If you got LOTS OF 3s, you're doing great--keep up the good work!

If you got LOTS OF 2s, your hygiene is okay but needs some improvement.

If you got LOTS OF 1s, you really need to work on hygiene to stay healthy!

List 1 or 2 ways that you can improve your personal hygiene.

