



MY HYGIENE CHECKLIST

🕒 MORNING ROUTINE:

- ☺ Brush your teeth (2 minutes, don't rush!)
- 🌊 Wash your face
- 🍃 Use deodorant
- 💤 Freshen up (shower if needed)
- 👕 Put on clean clothes

☀️ DURING THE DAY:

- 💧 Wash your hands before eating and after using the bathroom
- 📷 Carry tissues or wipes if you need them
- 💋 Reapply deodorant if you're active or sweaty
- 💧 Drink water – hydration keeps you feeling fresh!

🌙 NIGHT ROUTINE:

- 🛀 Take a shower or bath
- ☺ Brush your teeth again
- 🌊 Wash your face and hands
- 💤 Change into clean sleepwear
- 🏠 Keep your space tidy – your room deserves to glow too ✨

⭐ Remember:
“Good hygiene isn’t just about being clean – it’s about feeling good in your own skin!” 🌈