











MY HYGIENE CHECKLIST

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MORNING ROUTINE:

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

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 ✨

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!

Remember:

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