Daily Grooming & Hygiene Checklist

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** |
| Shower |  |  |  |  |  |  |  |
| Shampoo |  |  |  |  |  |  |  |
| Comb Hair |  |  |  |  |  |  |  |
| Brush Teeth |  |  |  |  |  |  |  |
| Wash Face and Hands |  |  |  |  |  |  |  |
| Clean and clip Nails |  |  |  |  |  |  |  |
| Clean Clothes |  |  |  |  |  |  |  |
| Shave |  |  |  |  |  |  |  |
| Deodorant / Lotion/ Powder |  |  |  |  |  |  |  |