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 |       |       |       |       |       |       |       |