

My Daily Hygiene Routine

Check off the circles as you finish each task!

MORNING ROUTINE

☐ Wash Face

☐ Brush Teeth

☐ Brush Hair

EVENING ROUTINE

☐ Take a Bath / Shower

☐ Brush & Floss Teeth

☐ Put on Clean Pajamas

ANYTIME HABITS

☐ Wash Hands (Before Meals)

☐ Flush & Wash Hands