

WEEKLY GROOMING & SELF-CARE TRACKER

DAILY HABITS

M

T

W

T

F

S

S

Shower & Deodorant

Brush Teeth (AM/PM)

Face Wash / Skincare

Hair Grooming

Clean Clothes / Laundry

WEEKLY GOAL

Total points or days required:

REWARD EARNED

Chosen incentive:

Consistency creates character. Track daily, reward weekly.