

# Night Before School Routine



## Preparations

- ☐ 1. Make lunch
- ☐ 2. Clothes are planned and set out
- ☐ 3. Pack your school bag
- ☐ 4. Turn off electronics and put them to charge
- ☐ 5. Set alarm

## Hygiene

- ☐ 6. Shower, wash hair if needed
- ☐ 7. Take off makeup with a wipe if used
- ☐ 8. Wash face, use toner, exfoliate
- ☐ 9. Brush teeth and mouth wash
- ☐ 10. Lip scrub
- ☐ 11. Shave legs, armpits and abdomens
- ☐ 12. Foot cream and lotion for silky smooth legs