

# Hygiene

## Daily Hygiene Tasks

- ☐ Brush Teeth
- ☐ Take a Shower (Twice a week)
  - ☐ Shower #1
  - ☐ Shower #2
- ☐ Use Deodorant
- ☐ Skin Care
  - ☐ Wash Face
  - ☐ Skin Care Products

## Weekly Tasks

- ☐ Shaving
  - ☐ Eyebrows
  - ☐ Armpits
- ☐ Face Mask

## MOST IMPORTANT ONE

- ☐ SMILE