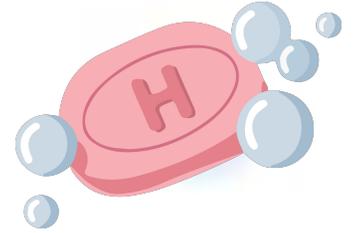


HOW'S MY HYGIENE?

Weekly Tracker: Keep track of how well you pay attention to your personal hygiene each day. Remember, we want to smell clean and have fresh breath every day.



Mark a **+** for each time you complete the hygiene skill each day.

Hygiene Task	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shower							
Wash Hair							
Brush Teeth							
Wash Hands							
Change Clothes							
Clean Nails							
Trim Nails							