

Daily Personal Care Checklist

Task	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Shower (soap and rinse whole body)								
Wash hair with shampoo								
Wear clean clothes appropriate to weather								
Wear clean underwear and socks (1 x means dirty/wash)								
Comb/brush hair (cut hair every month)								
Check fingernails, clean and trim if needed (about 1 time a week)								
Cut/file toenails (about 1 time a week)								
Brush Teeth & Floss am								
Brush Teeth & Floss pm								
Deodorant daily								
Wipe until clean, change underwear if dirty daily								
Clean glasses daily								