Daily Personal Grooming Checklist							
Task	Şunday	Monday	Tuesday	Wednesday	Thursday	Friday	Şaturday
Shower-soap and rinse whole body							
Wash hair with shampoo							
Wear clean clothes appropriate to weather							
Wear clean underwear and socks daily							
Comb/brush hair							
Check fingernails, clean and trim if necessary about 1 time per week							
Cut/file toe nails about 1 time per week							
Brush teeth and floss in morning							
Brush teeth and floss in evening							
Deodorant							
Wipe bottom area until clean, change underwear if dirty daily							
Clean eyeglass eaily							