## **PERSONAL HYGIENE CHART**

	MONDA	Y -	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
take bath or shower														
brush teeth			*		$\mathbf{\mathbf{\hat{c}}}$	<b>*</b>		<b>*</b>			:			
wash face		2			S	<b>*</b>		<b>*</b>						
use deodorant							•		•					
use lotion														
brush hair														
shave														
nail care														



