**PERSONAL HYGIENE TEMPLATE**

This list outlines basic personal hygiene practices that you can tick off when they become habitual. Until everything is ticked off, have this pinned up in your bedroom to remind yourself. This is particularly useful when you change living circumstances as it is easy to slip with some routines.

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| Personal Hygiene element | Habitual? |
| Shower (or bath) at least once a day scrubbing under arms, feet and your private areas |  |
| Wash hair regularly (daily if your hair is short) |  |
| Clean nails daily |  |
| Trim nails every two weeks (hands and toes) |  |
| Wash underwear daily (including socks) |  |
| Wash t-shirts and garments in direct contact with sweaty skin daily |  |
| Wash outer garments weekly (at least) |  |
| Wash bed sheets weekly or fortnightly |  |
| Wash towels weekly |  |
| Brush teeth twice a day with toothpaste |  |
| Floss your teeth daily or every second day |  |
| Apply deodorant and anti-perspirant daily (twice daily if very hot) |  |
| Wash your hands with soap after using the toilet, and before and after eating food |  |
| Cover your mouth if you cough or sneeze, and then wash your hands if you use your bare hand to do this |  |
| Keep breath fresheners close by if you have eaten a lot of garlic or other strong smelling foods |  |
| If you smoke, the smell of cigarettes lingers on clothes and your breath and hair so you need to wash even more frequently to get rid of the stale smoke smell |  |
| Make sure your clothes dry properly so they do not smell of damp or mildew |  |