

## Weekly Hygiene Chart

Activity	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Morning</b>							
Bath / Shower / Wash							
Deodorant							
Get dressed							
Brush hair							
Eat Breakfast							
Have drink							
Brush teeth							
Make bed							
<b>Evening</b>							
Eat Dinner							
Drink							
Bath / Shower / Wash							
Put on PJ's							
Brush Teeth							
<b>Additional</b>							
Exercise							
Cut nails (once a week)							
Washing (once a week)							



