|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Morning Action | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Bath / Shower / Full body wash |   |   |   |   |   |   |   |
| Clean teeth |   |   |   |   |   |   |   |
| Put on deodorant |   |   |   |   |   |   |   |
| Put on clean clothing |   |   |   |   |   |   |   |
| Brush hair |   |   |   |   |   |   |   |
| Make bed |   |   |   |   |   |   |   |
|  |  |  |  |  |  |  |  |
| Evening Action |   |   |   |   |   |   |   |
| Bath / Shower / Full body wash |   |   |   |   |   |   |   |
| Put on clean pyjamas |   |   |   |   |   |   |   |
| Clean teeth |   |   |   |   |   |   |   |
|  |  |  |  |  |  |  |  |
| Sometime each week |   |   |   |   |   |   |   |
| Cut nails  |   |   |   |   |   |   |   |
| Clean ears  |   |   |   |   |   |   |   |

