|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |  |  |  |  |

