

General Personal Care Checklist

Daily Care

- ☐ Wash face
- ☐ Brush teeth
- ☐ Shower/Bath
- ☐ Comb/Brush hair
- ☐ Change into clean clothes

Weekly Care

- ☐ Trim nails
- ☐ Shave or groom facial hair
- ☐ Wash hair
- ☐ Laundry

Additional Notes

Add notes here...