

Personal Hygiene Checklist

Name: _____ Sex: _____ Date: _____

Instructions

To fill out this checklist, review each item and mark it with a check (✓) when you have completed the corresponding personal hygiene practice.

Daily personal hygiene practices

- Take a bath or shower daily or as needed.
- Wash your face with a gentle cleanser in the morning and evening.
- Brush your teeth at least twice daily (morning and before bedtime).
- Floss your teeth daily to remove food particles and plaque.
- Use mouthwash to freshen your breath and kill bacteria.
- Clean your tongue using a tongue scraper or soft toothbrush.
- Wash and sanitize your hands frequently, especially before eating and after using the restroom.
- Use hand sanitizer if soap and water are not readily available.
- Trim your fingernails and toenails regularly to prevent dirt buildup.
- Moisturize your skin after bathing to keep it hydrated.

Body odor and sweat management

- Apply deodorant or antiperspirant to control body odor and sweating.
- Wear clean and breathable clothing, especially in hot weather or during physical activity.
- Change into fresh clothes daily or whenever they become sweaty or soiled.
- Use talcum powder or cornstarch in areas prone to sweat to keep them dry.

Oral hygiene

- Visit the dentist for regular check-ups and cleanings (every six months or as recommended).
- Replace your toothbrush every three to four months or sooner if the bristles are frayed.
- Store your toothbrush upright and allow it to air dry between uses.
- Avoid smoking and limit consumption of stain-causing foods and drinks to maintain white teeth.

