daily personal hygiene checklist

\cup	Brush teeth	
	Floss teeth	additional:
0	Wash face	0
	Shower	
	Shampoo hair	
0	Condition hair	
	Moisturize skin	
	Clean ears	
	Trim nails	notes:
0	Use deodorant	196
	Apply sunscreen	7/-
	Cleanse body	
	Comb hair	3.5
0	Wear clean clothes	
	Apply perfume	

Personal Hygiene Daily Guide

J Dewey

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