

Good Clean Fun



Name _____

Healthy Habits	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Wash hands-</u> Every morning and every night and before eating and after going to the bathroom.							
<u>Wash Face-</u> Every morning and night.							
<u>Brush Teeth-</u> <u>Floss-</u> every night Every morning and night.							
<u>Comb Hair-</u> Every morning							
<u>Take a Bath or Shower Daily</u>							
<u>Trim Finger and Toe Nails-</u> At least weekly. Ask for help if needed.							
<u>Wash Hair-</u> At least every other day.							
<u>Clean Socks and Underwear-</u> Change your socks and underwear daily.							
<u>Wear Deodorant-</u> Apply daily							
<u>Clean Clothes-</u> Make sure your clothes are laundered							

Keeping your body clean and making sure that your clothes are clean and presentable will help you feel better about yourself. All of this personal attention will hopefully become a habit that will help you feel good about who you are throughout life.