

IG Hygiene Checklist



WHAT TO DO	S	M	T	W	T	F	S
Daily							
Brush and floss teeth (morning and night)							
Shower							
Wash hair (every second day or as needed)							
Wash face (morning and night)							
Brush hair (morning and night)							
Put on deodorant							
Put on clean clothes							
Make your bed							
30 Minutes of Exercise							
Put on clean pyjamas before bed							
Eat Breakfast, Lunch, and Dinner							
NOTES:							
Weekly							
Do laundry/Put away clean laundry							
Wash and change bedding							
Trim Nails							
Shave							
NOTES:							
Monthly/As Needed							
Hair cut (every 6 weeks)							
Dentist (every 6 months)							
Doctor (as needed)							
NOTES:							