








How Often . . .

	Do I . . .	Daily	Regularly
1.	Brush my teeth? 		
2.	Floss my teeth? 		
3.	Take a bath or shower? 		
4.	Change my underwear? 		
5.	Change my socks? 		
6.	Change my clothes? 		
7.	Wash my hair? 		
8.	Cut my nails? 