

My Personal Hygiene Chart

Name: _____ Date: _____

Directions: Put a ✓ in the boxes when you complete a task each day. There are two boxes a day for brushing your teeth because your goal is to brush your teeth twice in one day.

	Monday		Tuesday		Wednesday		Thursday	
Brush Teeth								
Bathe								
Hair Care								

Directions: Put a ✓ in the Yes or No boxes for each goal listed.

My Goals:	Did I Make My Goal?	
	Yes	No
I brushed my teeth twice a day		
I bathed once a day		
I took care of my hair		

I kept track of my personal hygiene routines this week:

Signature

Personal Hygiene Final Reflection

Something I learned: _____

