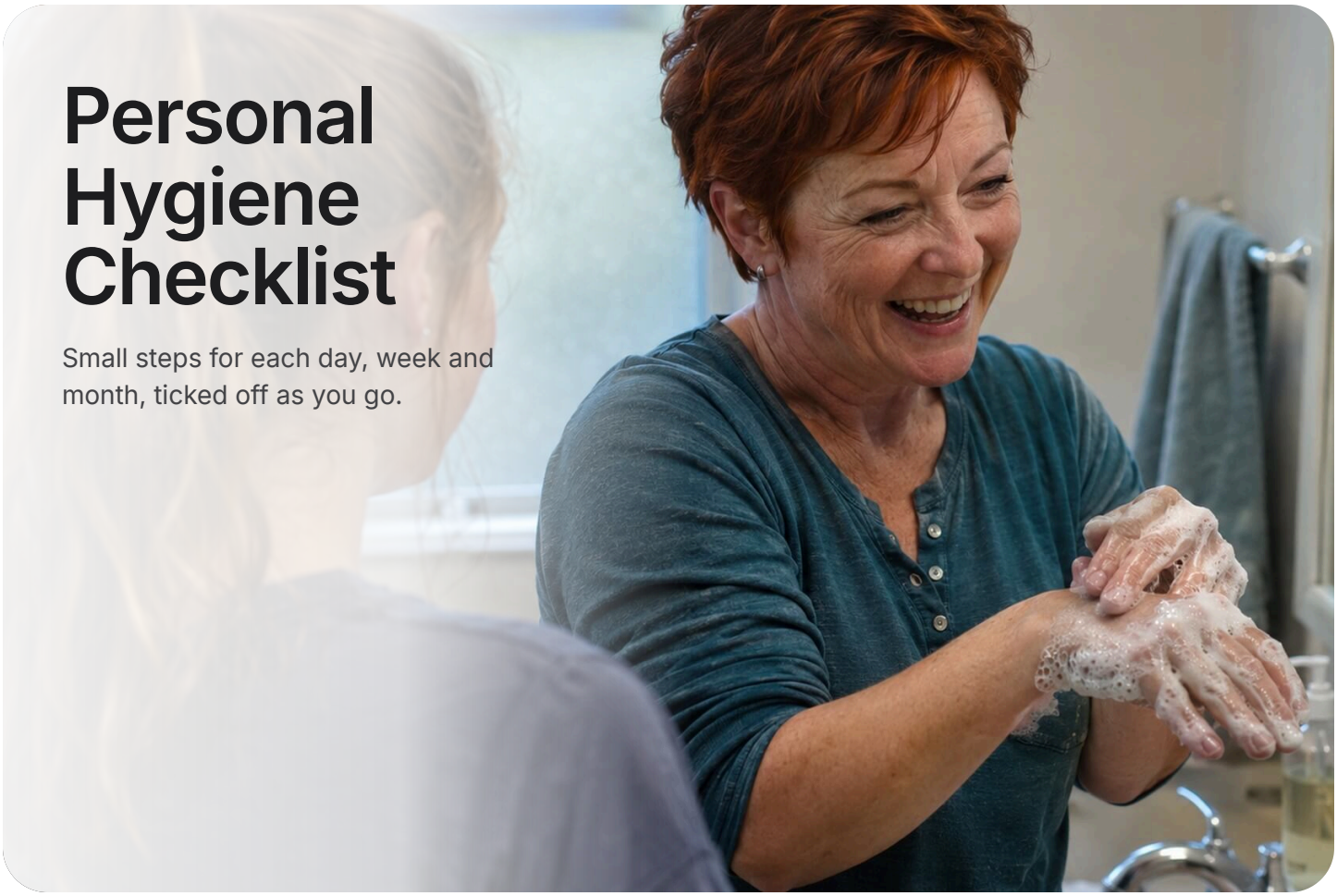
Personal Hygiene Checklist

Small steps for each day, week and month, ticked off as you go.



WHY IT HELPS

Washing, brushing and getting dressed are many small steps, and a few of them quietly drop out on busy or low days. A checklist by the mirror does the reminding and shows, after two weeks, which steps are steady and which need help.

HOW TO USE IT

Pick	Keep the steps that fit and add your own.
Tick	Tick each step on the day it is done.
Review	After two weeks, see what slipped and why.

INSIDE

1	The cover	2	A filled-in example
3	My daily steps	4	Weekly and monthly steps
5	Support and review		

Keep the sheet where the task happens, inside a cabinet door or next to the mirror.

NAME: Jordan, 15

START DATE: September 2

WHERE THIS SHEET LIVES: Inside the bathroom cabinet door

1 Morning

Tick each day the step is done

STEP	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Brush teeth	☑	☑	☑	☑	☑	☑	☑	☑	☐	☑	☑	☑	☑	☑
Wash face	☑	☑	☑	☑	☑	☐	☐	☑	☑	☑	☑	☑	☐	☑
Deodorant	☑	☐	☑	☑	☐	☐	☐	☑	☐	☑	☑	☐	☑	☑
Clean clothes	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Brush hair	☑	☑	☐	☑	☑	☐	☐	☑	☑	☑	☑	☑	☐	☑

2 Evening

Days 1 to 7 are week one

STEP	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Shower	☑	☑	☑	☑	☑	☐	☑	☑	☑	☑	☑	☑	☐	☑
Brush teeth	☑	☑	☑	☑	☑	☐	☑	☑	☑	☑	☑	☑	☐	☑
Clothes in hamper	☐	☑	☑	☐	☑	☐	☐	☑	☑	☑	☑	☑	☐	☑

3 Hard-day minimum

Up to three steps

- Brush teeth at night
- Deodorant
- Clean underwear

4 Note to self

Deodorant missed most. Move it next to the toothbrush.

Weekends are harder, shower before lunch.

NAME _____ START DATE _____ WHERE THIS SHEET LIVES _____

1 Morning

Tick each day the step is done

STEP	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Use the toilet and wash hands	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Brush teeth	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash face	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Deodorant	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Brush or comb hair	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Shave or skin care	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean underwear and clothes	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

2 Evening

Days 1 to 7 are week one

STEP	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Shower or bath	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Brush teeth	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Floss	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wash hands before dinner	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clothes in the hamper	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

3 Hard-day minimum

Up to three steps

_____

_____

_____

4 Note to self

_____

_____

_____

1 Every week

Write how often, such as twice a week

WEEKLY STEP	HOW OFTEN	WEEK 1	WEEK 2
Wash hair			
Trim fingernails			
Change sheets			
Fresh towels			
Laundry			
Clean glasses or hearing aids			

2 Every month

MONTHLY STEP	NOTES	DONE
Trim toenails		
Check toothbrush bristles		
Clean hairbrush and comb		

3 Supplies to buy

Soap, toothpaste, deodorant, razors

1 Steps I do on my own now

2 Steps where help is wanted

3 What slipped, and on which days

4 How I like to be reminded

- [ ] This sheet only
- [ ] A quiet word
- [ ] A phone alarm
- [ ] A picture card
- [ ] Someone nearby
- [ ] Help with one step

5 Equipment that might help

Grab bar, shower chair, long-handled sponge

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.

Get the app
careclinic.io