

Personal Hygiene Checklist

Name: _____ Date: _____ dd / mm / yyyy

To fill out this checklist, review each item and mark it with a check (✓) when you have completed the corresponding personal hygiene practice.

DAILY PERSONAL HYGIENE PRACTICES:

Daily Personal Hygiene Practices

- | | |
|---|---|
| ☐ Take a bath or shower daily or as needed | ☐ Wash your face with a gentle cleanser in the morning and evening |
| ☐ Brush your teeth at least twice daily (morning and before bedtime) | ☐ Floss your teeth daily to remove food particles and plaque |
| ☐ Use mouthwash to freshen your breath and kill bacteria | ☐ Clean your tongue using a tongue scraper or soft toothbrush |
| ☐ Wash and sanitize your hands frequently, especially before eating and after using the restroom | ☐ Use hand sanitizer if soap and water are not readily available |
| ☐ Trim your fingernails and toenails regularly to prevent dirt buildup | ☐ Moisturize your skin after bathing to keep it hydrated |

BODY ODOR AND SWEAT MANAGEMENT:

Body Odor and Sweat Management

- ☐ Apply deodorant or antiperspirant to control body odor and sweating
- ☐ Wear clean and breathable clothing, especially in hot weather or during physical activity
- ☐ Change into fresh clothes daily or whenever they become sweaty or soiled
- ☐ Use talcum powder or cornstarch in areas prone to sweat to keep them dry

ORAL HYGIENE:

Oral Hygiene

- ☐ Visit the dentist for regular check-ups and cleanings (every six months or as recommended)
- ☐ Replace your toothbrush every three to four months or sooner if the bristles are frayed
- ☐ Store your toothbrush upright and allow it to air dry between uses
- ☐ Avoid smoking and limit consumption of stain-causing foods and drinks to maintain white teeth

INTIMATE HYGIENE:

Intimate Hygiene

- ☐ Cleanse intimate areas with mild soap and water regularly, especially during bathing
- ☐ Wipe from front to back after using the restroom to prevent the spread of bacteria
- ☐ Avoid using heavily scented products in the genital area, as they can irritate
- ☐ Change menstrual products regularly during periods to avoid infections

COUGH AND SNEEZE ETIQUETTE:

Cough and Sneeze Etiquette

- ☐ Cover your mouth and nose with a tissue or elbow when coughing or sneezing
- ☐ Dispose of used tissues properly and wash your hands afterward

FOOT HYGIENE:

Foot Hygiene

- ☐ Wash your feet daily with soap and water, especially before bedtime
- ☐ Dry your feet thoroughly, including between your toes, to prevent fungal infections
- ☐ Wear clean socks daily and change them if they become damp
- ☐ Rotate your shoes to allow them to dry fully between wears

SHARING AND CLEANING PERSONAL ITEMS:

Sharing and Cleaning Personal Items

- ☐ Avoid sharing personal items like towels, razors, toothbrushes, etc., with others
- ☐ Clean and disinfect frequently-touched items like your phone, keys, and doorknobs

BEDDING AND LINENS:

Bedding and Linens

- ☐ Change and wash your bed sheets, pillowcases, and towels regularly
- ☐ Wash bedding and linens in hot water to kill germs and allergens effectively