daily personal hygiene checklist

	Diusii teetii	additional:
0	Floss teeth	
0	Wash face	000
0	Shower	
	Shampoo hair	
0	Condition hair	
	Moisturize skin	
	Clean ears	
	Trim nails	notes:
0	Use deodorant	10.5
	Apply sunscreen	
	Cleanse body	
	Comb hair	
0	Wear clean clothes	
	Apply partures	

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SA Adler

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