# Personal Hygiene Checklists

## Using the toilet
- Pull down my pants.
- Sit down.
- Do my business.
- Wipe with paper.
- Flush.
- Pull up my pants.
- Wash my hands.

## Brushing my teeth
- Put water on the brush.
- Put paste on the brush.
- Brush all my teeth.
- Spit.
- Rinse.
- Wipe my mouth.
- Put away brush.

## I use the toilet at
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 a.m.</td>
<td>Breakfast</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Lunch</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Tea time</td>
</tr>
<tr>
<td>5 p.m.</td>
<td>Dinner</td>
</tr>
<tr>
<td>9 p.m.</td>
<td>Warm milk</td>
</tr>
</tbody>
</table>

## Countdown to laundry day
- I changed my clothes.
- I changed my clothes.
- I changed my clothes.
- I changed my clothes.
- I changed my clothes.
- I changed my clothes.
- I changed my clothes.
- LAUNDRY DAY!