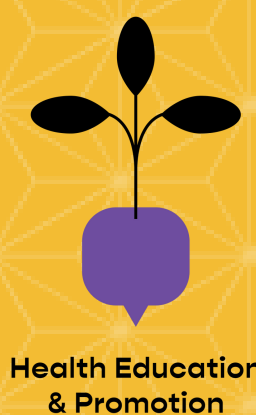


HYGIENE TIMELINE



DAILY

- Washing hands
- Brushing teeth
- Brushing hair
- Flossing
- Changing underwear and socks
- Using deodorant

WEEKLY

- Changing towels
- Cleaning your hairbrush
- Taking out the trash
- Checking if you have enough clean clothes/towels

2-3 DAYS

- Showering
- Washing your hair
- Switch to a clean pair of:
 - jeans
 - pajamas
- Change to a clean Bra

EVERY OTHER WEEK

- Put on new bedsheets
- Trim finger and toe nails
- Clean all your dirty clothes, towels, and sheets

WASHING SCHEDULE

- **Underwear/socks:** after every use
- **PJs:** 3-4 wears
- **Bras:** 2-3 wears
- **Shirts:** after every use
- **Jeans:** 3+ wears
- **Bathing suits:** after every use
- **Towels:** 3-4 uses (less if you shower more often)
- **Bed Sheets:** after one week of use