

1. Brush Teeth
2. Floss
3. Water Pik
4. Mouth Wash
5. Hand Lotion
6. Eye Drops
7. Shave
  - a. Face
  - b. Under Arms
  - c. Legs
  - d. Groin Area
8. Trim
  - a. Finger Nails
  - b. Toe Nails
  - c. Nose Hairs
  - d. Ear Hairs
  - e. Eyebrows
9. Shower / Bath
10. Wash Hair
11. Self-Examination
12. Under Arm Deodorant
13. Body Spray / Lotion / Powder
14. Cologne
15. Ladies
  - a. Makeup
  - b. Hair Spray
  - c. Polish Nails
  - d. Perfume
  - e. Lipstick
16. Change Towels
17. Care for Blisters
18. Change Bandages
19. Take / Refill Medication
20. Check / Replace Hygiene Items (Brush / Soap Spongy / Toothbrush )