

Personal Hygiene Reward Chart

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	REWARD
Slept for 7-8 hours								
Washed my body								
Brushed my teeth twice								
Flossed								
Applied deodorant								
Wore clean clothes								
Brushed and/or cleaned my hair								

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	REWARD
Slept for 7-8 hours								
Washed my body								
Brushed my teeth twice								
Flossed								
Applied deodorant								
Wore clean clothes								
Brushed and/or cleaned my hair								