

HYGIENE SELF-CHECK

FYI-TRANSITION.ORG

NAME: _____




DATE: _____

LOCATION: _____

POOR FAIR GOOD				
TASK				COMMENTS
BATHROOM				
Using a private bathroom				
Using a public restroom				
Washing hands				
Cleaning fingernails				
Washing face				
Taking a bath or a shower				
Nail care				
Combing/brushing hair				
Washing/Drying hair				
Styling hair				
Applying deodorant				
Shaving				
Brushing/flossing teeth				
Using mouthwash				
Blowing and wiping nose				
Using a sanitary pad/tampon				
Using skin treatment				
TASK				COMMENTS
BEDROOM				
Selecting clothes				
Getting dressed				
Getting undressed				
Wearing jewelry				
Applying fragrance				
Applying makeup				

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TASK				COMMENTS
GOING OUT				
Taking personal items				
Checking self over				
Cold weather outerwear				
Warm weather outerwear				
Using a private bathroom				
Other:				
Other:				
Other:				
Other:				
Other:				
Other:				
Other:				
Overall Rating				

RECCOMENDATIONS: