

Name \_\_\_\_\_

Date \_\_\_\_\_

### Men's Personal Care Checklist

- \_\_\_\_\_ 1  Check yourself over before leaving home.
- \_\_\_\_\_ 2  Is your hair okay?
- \_\_\_\_\_ 3  Remember to clean glasses.
- \_\_\_\_\_ 4  Is your face clean?
- \_\_\_\_\_ 5  Do you need to blow your nose?
- \_\_\_\_\_ 6  Are your hands and fingernails clean?
- \_\_\_\_\_ 7  Make sure your buttons are buttoned.
- \_\_\_\_\_ 8  Tuck your shirt in.
- \_\_\_\_\_ 9  Zip up your pants.
- \_\_\_\_\_ 10  Buckle your belt and tie your shoes.
- \_\_\_\_\_ 11  Take one last look in the mirror.

Notes: