**Personal Hygiene Checklist**

Before heading out the door for work, school, or an interview, double check that you’ve completed the following important tasks:

* Shower or bathe daily using soap and water
* Complete hair care routine
* Put on deodorant
* Fingernails trimmed and clean
* No uncovered skin wounds
* Check for odor
	+ No body odor
	+ No strong perfume/cologne
* Teeth are brushed, breath smells fresh
* Clothing is appropriate, clean, and in a good state