

Name \_\_\_\_\_ **Hygiene**



# Personal Hygiene

Explain personal hygiene in your own words.

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On a scale of 1 to 10, with 1 being poor and 10 being excellent, how would you rate your personal hygiene?

1      2      3      4      5      6      7      8      9      10

What are some good personal hygiene habits that you have?

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What personal hygiene habits do you think you need to add to your routine or improve?

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