Starday

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Daily Hygiene Checklist for Kids

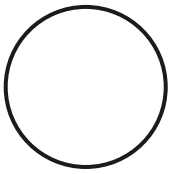
MORNING

- [ ] Brush your teeth (morning) — Every day

EVENING

- [ ] Brush your teeth (evening) — Every day
- [ ] Take a shower — Every day

DRAW YOUR MOOD TODAY



How was your day? Draw a face!

Turn this checklist into quests your child completes on their own — with stars and real rewards.

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