

# THE PERSONAL HYGIENE CONTEST

DO YOUR PARENTS REMIND YOU ABOUT ANY OF THE FOLLOWING TASKS? PUT A CHECK IN THE COLUMN THAT FITS YOU BEST.

ADD UP YOUR POINTS, AND CHECK YOUR SCORE!

	Almost always (4 points)	Often (2 points)	Sometimes (1 point)	Almost never (0 points)
• Do you brush your teeth at least twice a day?				
• Do you rinse your mouth with water after meals and snacks?				
• Do you wash your hands with soap and water when coming inside?				
• Do you wash your hands with soap and water after using the bathroom?				
• Do you wash your hands with soap and water before meals?				
• Do you notice when you have dirt under your fingernails and clean them?				
• Do you notice when you need to change your clothes and then do so?				
• Do you remember to take a shower when coming home sweaty from playing in the park?				
• Do you keep your hair neat and clean?				
• Do you daily pray for your parents, teachers, close friends, and other loved ones?				



- 30 TO 36 POINTS: GREAT WORK! KEEP IT UP!
- 25 TO 30 POINTS: SHOWS YOU'RE TRYING. KEEP PROGRESSING!
- 10 TO 25 POINTS: OVER THE NEXT MONTH, MAKE AN EFFORT TO BUILD THESE STEPS INTO YOUR DAILY HABITS! IF YOU NEED HELP, POST REMINDERS IN KEY LOCATIONS, OR ASK A PARENT FOR REMINDERS.
- 0 TO 10 POINTS: TALK TO YOUR PARENTS ABOUT HOW TO BUILD THESE HABITS INTO YOUR LIFE WITHOUT THEM HAVING TO REMIND YOU OF THEM.

DID YOU ANSWER WITH A "SOMETIMES" OR AN "ALMOST NEVER" FOR SOME OF THE POINTS? MAKE AN EFFORT TO ESTABLISH HABITS OF GOOD HYGIENE AND PERSONAL CARE, AND TAKE THE TEST AGAIN IN A WEEK OR A MONTH'S TIME TO SEE HOW YOU HAVE IMPROVED!

READ "TEMPLE CARE" FOR A REFRESHER ON THE IMPORTANCE OF TAKING CARE OF ONESELF.