

Shower Checklist

1. Take clean clothes and towel to the shower
2. Get undressed
3. Turn on shower
4. Adjust water temperature
5. Get in the shower
6. Get soap
7. Wash face
8. Wash neck
9. Wash underarms
10.Wash chest
11.Wash arms
12.Wash private parts
13.Wash bottoms
14. Wash back
15. Wash legs
16. Wash feet
17.Wash between toes
18.Get shampoo
19.Wash hair
20.Rinse hair
21.Turn off water
22.Dry off with towel
23.Get dressed

