

Shower Checklist

Go to the shower



Get undressed



Turn on shower



Adjust water temperature



Get in shower



Get hair wet



Get shampoo



Shampoo hair



Get soap



Wash private parts



Wash bottom



Wash legs and feet



Rinse body



Turn off water



Dry off body with towel



Get dressed





Shower checklist

- 1.Go to the shower
- 2.Get undressed
- 3.Turn on shower
- 4.Adjust water temperature
- 5.Get in shower
- 6.Get hair wet
- 7.Get shampoo
- 8.Shampoo hair
- 9.Get soap
- 10.Wash private parts
- 11.Wash bottom
- 12.Wash legs and feet
- 13.Rinse body
- 14.Turn off water
- 15.Dry off body with towel
- 16.Get dressed