

TeenBasics.com

Hygiene & Self-Care Checklist

Daily and Weekly Routines for Skin, Hair, Body, and Confidence

[Practical Guides](#)

[Parent Support](#)

[Build Confidence](#)

[Life Skills](#)

Printable digital workbook for personal, family, classroom,
church youth, or mentoring use.

© TeenBasics.com. For personal/family use unless otherwise licensed.

How to Use This Guide

Use this checklist to build a simple, repeatable hygiene routine. Start small — even three consistent habits are better than a ten-step routine that doesn't stick. Revisit it every few months as your routine (and needs) change.

What Is Inside

- Why a Hygiene Routine Matters
- Daily Morning Routine
- Daily Evening Routine
- Weekly Routine
- Building a Basic Skincare Routine
- Hair Care Basics
- Hygiene On the Go
- Weekly Habit Tracker
- Talking About Hygiene
- Monthly Check-In

Section 1: Why a Hygiene Routine Matters

A consistent hygiene routine isn't about vanity — it's about health, comfort, and confidence. Puberty changes skin, hair, and body odor faster than most teens expect, and a routine that worked at age 9 usually doesn't at age 13.

- A routine you actually do beats a perfect routine you skip.
- Consistency matters more than product quality.
- What works changes with age, activity level, and season — expect to adjust.
- Hygiene affects how you feel, not just how you look.

NOTE

If breakouts, odor, or skin irritation don't improve with a basic routine after several weeks, that's worth a conversation with a doctor or dermatologist — not something to push through alone.

Section 2: Daily Morning Routine

Keep the morning routine short enough to actually finish before school or activities.

- Wash face
- Apply deodorant
- Apply sunscreen if outdoors
- Check hygiene bag is stocked
- Brush teeth
- Comb or style hair
- Put on clean clothes

TIP

A morning routine under 10 minutes is far more likely to actually happen every day.

Section 3: Daily Evening Routine

Evening habits undo the day's dirt, sweat, and buildup, and set up tomorrow's routine.

- Shower or bathe
- Wash face (again, especially after sports/sweat)
- Brush and floss teeth
- Apply any nighttime skincare
- Lay out tomorrow's clothes
- Trim/clean nails as needed

Section 4: Weekly Routine

Some hygiene tasks don't need to happen daily, but they're easy to forget without a checklist.

- Deep clean hair (clarifying shampoo, if used)
- Clean hairbrush/comb
- Clean hygiene bag / restock supplies
- Deep clean face wash tools (if using a cleansing brush or pad)
- Wash pillowcase and towels
- Trim nails
- Wash gym clothes and shoes/insoles

Section 5: Building a Basic Skincare Routine

You don't need a ten-product routine. Most teens do well with three simple steps, adjusted for skin type.

Step	What It Does	Frequency

TIP

Introduce one new product at a time and wait a week before adding another — this makes it easy to spot what's causing irritation if something reacts badly.

My Skin Type Notes

Section 6: Hair Care Basics

Hair type, texture, and activity level all change how often washing and styling should happen — there's no single 'right' schedule.

- Know your hair type (straight, wavy, curly, coily)
- Use shampoo suited to your scalp needs
- Condition based on hair length/dryness
- Brush or detangle gently to avoid breakage
- Protect hair during sports (braids, cap, headband) if needed
- Trim regularly to manage split ends

Section 7: Hygiene On the Go

A small kit for backpack, gym bag, or locker prevents the 'I forgot' moments that feel bigger than they are at school.

- | | |
|--|--|
| <input type="checkbox"/> Travel deodorant | <input type="checkbox"/> Face wipes or blotting papers |
| <input type="checkbox"/> Hand sanitizer | <input type="checkbox"/> Mints or gum if allowed |
| <input type="checkbox"/> Small hairbrush or comb | <input type="checkbox"/> Lip balm |
| <input type="checkbox"/> Feminine care items if needed | <input type="checkbox"/> Extra hair tie |

REMINDER

Restock this kit on the same day every month so it doesn't quietly run empty.

Section 8: Weekly Habit Tracker

Use this simple tracker to build consistency — the goal is progress, not a perfect streak.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Section 9: Talking About Hygiene

For parents: introducing or adjusting a hygiene routine works better as a quiet, practical conversation than a lecture.

- Focus on logistics (what goes where, how often) rather than the reason behind the conversation.
- Normalize it by mentioning your own routine casually rather than explaining theirs.
- Let a new kit or product sit as an offer, not a mandate — most teens use it within a couple of weeks.
- If there's pushback, drop it and revisit later rather than pushing in the moment.

Section 10: Monthly Check-In

Routines drift over time — a short monthly check-in keeps things on track without becoming a chore in itself.

- Is my current routine still working for my skin/hair?
- Do I need to restock anything?
- Has anything changed (sports season, weather, breakouts) that needs a routine adjustment?
- Am I sticking to the routine most days, or has it slipped?

Notes
