

COMPETENCY #3: Develop a practical, personal, hygiene routine.

CONCEPT

Having a practical hygiene routine that fits into your schedule will be easier for you to stay with and see lasting results.

TEACHING STRATEGIES

Develop a personal hygiene routine. Use YOUR PERSONAL HYGIENE ROUTINE form to keep track of your progress.

LECTURE/DISCUSS

Use the following information for discussion points:

- Choose a time that's convenient for you to exercise or work out.
- Choose a place that is convenient for you.
- Exercise alone or with a friend if you need the motivation.
- Wear comfortable clothes.
- Choose exercises or activities that you enjoy.
- Get into a habit of cleansing your face, night and morning.
- Good grooming habits are learned and practiced.