

B	I	N	G	O
Wearing clean socks	Applying insect repellent	Cleaning ears	Using hand sanitizer	Showering
Changing clothes daily	Washing face	Using body lotion	Applying sunscreen	Using tissues
Blowing nose	Flossing	FREE	Shampooing hair	Using soap
Shaving face if applicable	Using deodorant not body spray	Cleaning shoes	Trimming nails	Cleaning glasses
Brushing hair	Brushing teeth	Using a lint brush	Changing underwear daily	Using chapstick

B	I	N	G	O
Wearing clothes that fit your body	Using mouthwash	Using deodorant not body spray	Using body lotion	Using soap
Brushing hair	Brushing teeth	Using chapstick	Trimming nails	Changing clothes daily
Using a lint brush	Applying sunscreen	FREE	Flossing	Applying insect repellent
Showering	Wearing clean socks	Wiping properly	Changing underwear daily	Blowing nose
Using hand sanitizer	Check in with how you are feeling	Shampooing hair	Cleaning ears	Cleaning shoes

B	I	N	G	O
Using a lint brush	Changing clothes daily	Using deodorant not body spray	Using chapstick	Check in with how you are feeling
Applying sunscreen	Wiping properly	Cleaning ears	Wearing clothes that fit your body	Washing hands
Changing underwear daily	Using soap	FREE	Shaving face if applicable	Using hand sanitizer
Applying insect repellent	Brushing teeth	Trimming nails	Shampooing hair	Combing hair
Wearing clean socks	Blowing nose	Using tissues	Brushing hair	Washing face