



**Personal Care
Activities**



I take a shower.



I take a bath.

I wash my hair.



I dry myself with a towel.



I go to the hairdresser or barber.



I wash my hands.





I brush my teeth.



ALCOHOL FREE



Crest
PRO-HEALTH.

CPC ANTIGINGIVITIS/ANTIPLAQUE ORAL RINSE

MULTI-PROTECTION

- Ⓞ KILLS GERMS
 - Ⓞ HELPS PREVENT PLAQUE
 - Ⓞ HELPS PREVENT GINGIVITIS
- TEETH CLEANER LONGER*

I use mouthwash.

I go to the dentist
twice a year.



I use moisturiser.

HuaTongOverseas.com

BIOThERM



AQUASOURCE
SKIN PERFECTION



I shave with a razor.



I wash my face.

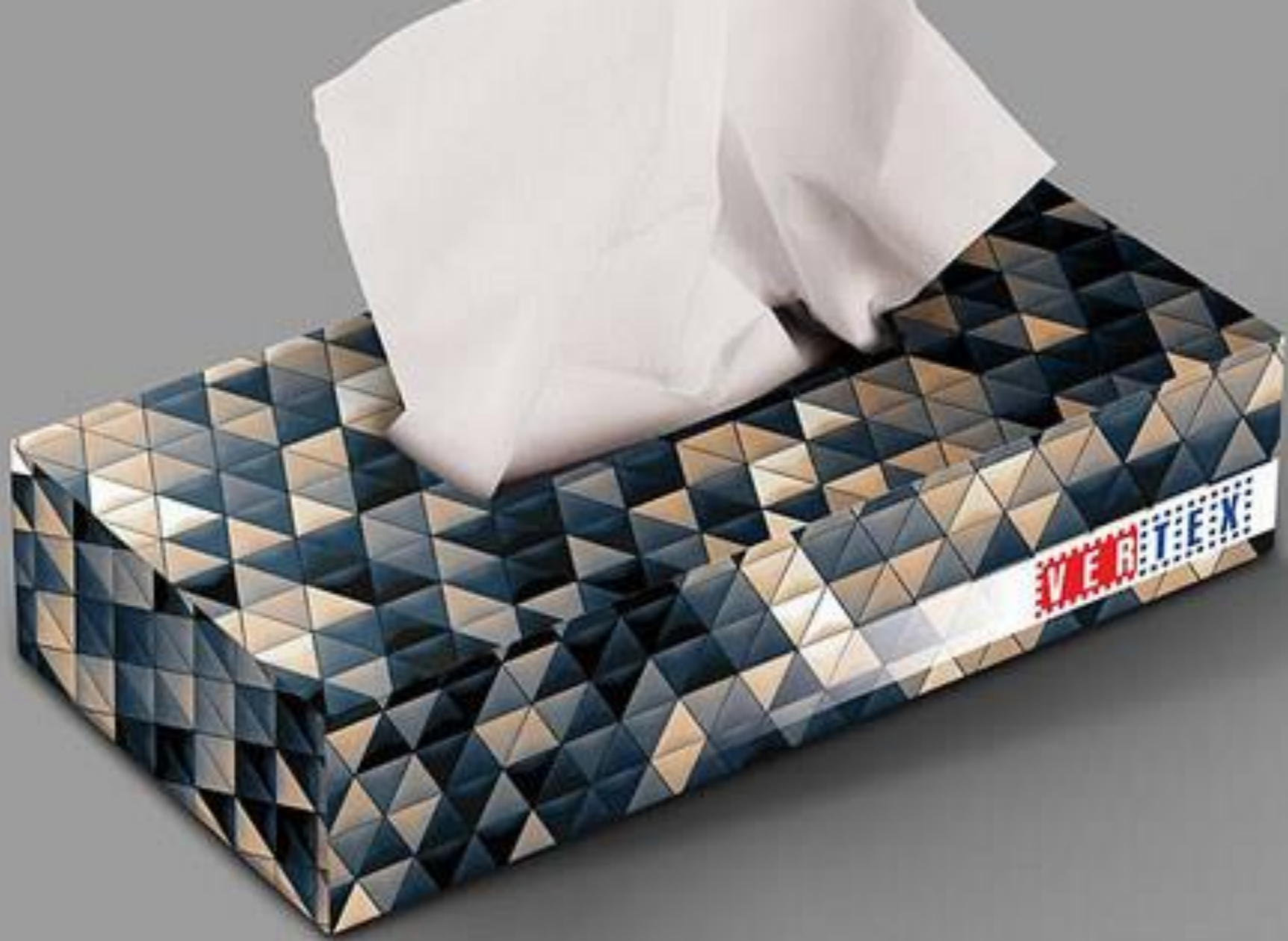


I take care of my feet.



I use nail clippers.





I use a tissue to blow my nose.



I use deodorant.

I wash my clothes.



I look after my stuff.



A close-up photograph of a red broom head with a wooden handle. The broom is positioned over a dark surface, possibly a floor. Two bright, circular spots of light are visible on the dark surface, suggesting a light source or a reflection. The text "I sweep the floor." is overlaid in white on the right side of the image.

I sweep the floor.

I do the laundry.



I wipe the surfaces.





I clean the bathroom.

I wash the dishes.



I scrub the shower.





I mop the floor.



New! Anti-Dust
Formula

pledge
FURNITURE POLISH

Dust &
Allergen

Removes Allergens
While You Dust

Outdoor Fresh

I polish the furniture.

I take out the garbage.



I recycle my garbage.



I have a first aid kit.



I keep my environment clean and tidy.



I dress neatly.



I drink water.



I eat healthy food.





I store food correctly.

I cook food to the right temperature.



I exercise regularly.





I sleep well.

Practise personal care!

