

My Shower Steps

Tick each step. All ten = fresh!



1

Get ready

Towel and clean clothes close by

☐

2

Warm, not hot

A grown-up sets the water. Check it with your hand

☐

3

Get wet

Hair and body

☐

4

Shampoo

On hair-wash days: scrub your scalp, then rinse

☐

5

Wash your face

Gently, with your eyes closed

☐

6

Soap your top half

Neck, arms, armpits, tummy and back

☐

7

Soap your bottom half

Private parts, bottom, legs and feet

☐

8

Rinse

Until there are no bubbles left

☐

9

Water off, dry off

Hair, body, and between your toes

☐

10

Clothes on

Towel back on the hook

☐

Tip: laminate it, or slip it in a sheet protector, and tick with a dry-erase marker



Shower Tally

The family shower tracker

Free on the App Store & Google Play

wristskill.com/shower-tally

Our Shower Chart

Week of _____



Name		Sun	Mon	Tue	Wed	Thu	Fri	Sat
_____	Shower	☐	☐	☐	☐	☐	☐	☐
	Hair	☐	☐	☐	☐	☐	☐	☐
_____	Shower	☐	☐	☐	☐	☐	☐	☐
	Hair	☐	☐	☐	☐	☐	☐	☐
_____	Shower	☐	☐	☐	☐	☐	☐	☐
	Hair	☐	☐	☐	☐	☐	☐	☐
_____	Shower	☐	☐	☐	☐	☐	☐	☐
	Hair	☐	☐	☐	☐	☐	☐	☐
_____	Shower	☐	☐	☐	☐	☐	☐	☐
	Hair	☐	☐	☐	☐	☐	☐	☐
_____	Shower	☐	☐	☐	☐	☐	☐	☐
	Hair	☐	☐	☐	☐	☐	☐	☐

Want it on everyone's phone, with reminders? That's what the Shower Tally app does.



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