Checklist –I do that every day!

What?		Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
ventilate		☐	☐	☐	☐	☐	☐	☐
do the washing up		☐	☐	☐	☐	☐	☐	☐
make bed		☐	☐	☐	☐	☐	☐	☐
wash or shower		☐	☐	☐	☐	☐	☐	☐
brush teeht		☐	☐	☐	☐	☐	☐	☐
comb		☐	☐	☐	☐	☐	☐	☐