

























































MY BRUSHING CHART

Use the chart below to track your brushing each morning and night.
Color in a box every time you brush.

BRUSH TWICE A DAY FOR FOUR WEEKS AND YOU WIN!

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	 	 	 	 
TUESDAY	 	 	 	 
WEDNESDAY	 	 	 	 
THURSDAY	 	 	 	 
FRIDAY	 	 	 	 
SATURDAY	 	 	 	 
SUNDAY	 	 	 	 

YOU WIN!