

My Tooth Brushing Chart

Draw a smiley face for brushing twice a day
Draw a sad face for not brushing at all

	Week 1		Week 2	
Day of the week	Morning	Bedtime	Morning	Bedtime
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Remember SPIT don't RINSE

I brush twice a day! I have healthy teeth and gums!