

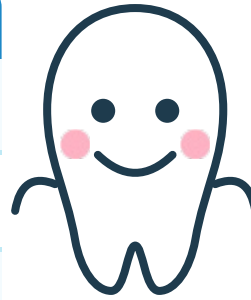
MY WEEKLY BRUSHING CHART

Brush twice a day to keep your smile shining!

This chart belongs to: _____

Colour in a circle every time you brush — once in the morning, once at night! 🦷

Day	☀ Morning	🌙 Night
Monday	☐	☐
Tuesday	☐	☐
Wednesday	☐	☐
Thursday	☐	☐
Friday	☐	☐
Saturday	☐	☐
Sunday	☐	☐



Add a star for every full day of brushing!

☆ Top Tip: Brush for 2 whole minutes, twice a day, and don't forget your tongue! ☆