



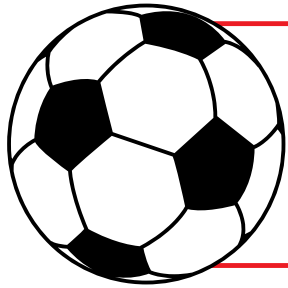
My Brushing Chart



My name is: _____
(Child's Name)

I brush twice a day with fluoride toothpaste, after breakfast  and before bedtime .

For the family: Be sure that your child brushes for 2 minutes and uses a pea-sized amount of fluoride toothpaste.*
Have your child make a check mark after brushing. Remind other family members to brush, too—and have them check the box!



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
 	 	 	 	 	 	 	 	 
☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐

Day 10

☐ ☐

Day 19	Day 18	Day 17	Day 16	Day 15	Day 14	Day 13	Day 12	Day 11
 	 	 	 	 	 	 	 	 
☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐

Day 20

☐ ☐

Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
 	 	 	 	 	 	 	 
☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐

