

Toothbrushing Chart

Sunday

Monday

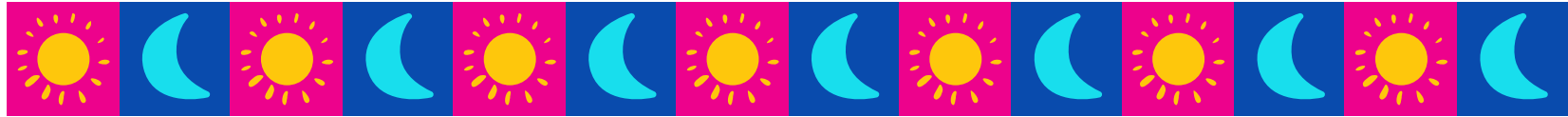
Tuesday

Wednesday

Thursday

Friday

Saturday



WEEK 1														
WEEK 2														
WEEK 3														
WEEK 4														
WEEK 5														

How to Brush Your Teeth



Use a pea-size dab of toothpaste



Brush in circles



Brush for 2 minutes



Don't forget to brush your tongue



When you're done, spit out all of the toothpaste



Don't rinse with water when you finish