

# My Brushing and Flossing Chart

- 1) Write the date in the top right corner of each box.
- 2) Brush for two minutes in the morning - color the box with the sun.
- 3) Brush for two minutes at night, then floss - color the box with the moon and floss.



Month: \_\_\_\_\_ Name: \_\_\_\_\_

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	