

























































# My Brushing Chart



Use the chart below to track your progress day and night. Color in a box every time you brush. IF you can brush twice each day For 4 weeks... YOU WIN!

	Week 1	Week 2	Week 3	Week 4
MONDAY	 	 	 	 
TUESDAY	 	 	 	 
WEDNESDAY	 	 	 	 
THURSDAY	 	 	 	 
FRIDAY	 	 	 	 
SATURDAY	 	 	 	 
SUNDAY	 	 	 	 

**You Win!**