

Tooth Brushing Chart

Name.....

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							



Brushing your teeth twice a
day gives a clean smile and
keeps plaque away!

Use this chart to keep track of your excellent
brushing for four weeks. Bring it with you to your
appointment all filled out and earn **5 V.I.P. stars!**