

Tooth Town Weekly Brushing Chart

Brush for two minutes, twice a day. Grown-ups can help younger brushers.



Name: _____

Week of: _____

Day	Morning	Bedtime
Monday	<input type="checkbox"/> AM	<input type="checkbox"/> PM
Tuesday	<input type="checkbox"/> AM	<input type="checkbox"/> PM
Wednesday	<input type="checkbox"/> AM	<input type="checkbox"/> PM
Thursday	<input type="checkbox"/> AM	<input type="checkbox"/> PM
Friday	<input type="checkbox"/> AM	<input type="checkbox"/> PM
Saturday	<input type="checkbox"/> AM	<input type="checkbox"/> PM
Sunday	<input type="checkbox"/> AM	<input type="checkbox"/> PM

One tiny healthy habit at a time.

Use this chart as a fun reminder. Follow your child's dentist's guidance for individual care.

Grace Matthews Books