

## My Clean Teeth

Keep track of the days you brush your teeth 2 times for 2 minutes and floss between your teeth and below your gum line.

Be sure to reward yourself for each week you don't miss a day!



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
week 1	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	My reward for week 1:
week 2	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	My reward for week 2:
week 3	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	My reward for week 3:
week 4	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	brushed flossed brushed	My reward for week 4:
•	America's TOOTHFAIR	or instag	ram. Use #reso	r flossing photo lve2floss. Find r /programs-reso	more great edu			My reward for flossing every day for a month: