

# Teeth Brushing & Flossing Chart



























































Brush 2 Minutes in the Morning  
Floss & Brush 2 Minutes at Night



✓ Check Off The Sun (Morning) & Moon (Night) When Completed

Name \_\_\_\_\_

Month \_\_\_\_\_

Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

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Parents Confirmation of Completion \_\_\_\_\_