



CELEBRATE YOUR HEALTHY SMILE BRUSHING & FLOSSING CHART

Name: _____ Date: _____

Your goal is to brush twice a day and floss once a day. **You can do it!**

| SUNDAY DOMINGO | MONDAY LUNES | TUESDAY MARTES | WEDNESDAY MIERCOLES | THURSDAY JUEVES | FRIDAY VIERNES | SATURDAY SABADO |
|-------------------|-----------------|-------------------|------------------------|--------------------|-------------------|--------------------|
| BRUSH | BRUSH | BRUSH | BRUSH | BRUSH | BRUSH | BRUSH |
| BRUSH | BRUSH | BRUSH | BRUSH | BRUSH | BRUSH | BRUSH |
| FLOSS | FLOSS | FLOSS | FLOSS | FLOSS | FLOSS | FLOSS |
| WEEK 2 | | | | | | |
| BRUSH | BRUSH | BRUSH | BRUSH | BRUSH | BRUSH | BRUSH |
| BRUSH | BRUSH | BRUSH | BRUSH | BRUSH | BRUSH | BRUSH |
| FLOSS | FLOSS | FLOSS | FLOSS | FLOSS | FLOSS | FLOSS |
| WEEK 3 | | | | | | |
| BRUSH | BRUSH | BRUSH | BRUSH | BRUSH | BRUSH | BRUSH |
| BRUSH | BRUSH | BRUSH | BRUSH | BRUSH | BRUSH | BRUSH |
| FLOSS | FLOSS | FLOSS | FLOSS | FLOSS | FLOSS | FLOSS |
| WEEK 4 | | | | | | |
| BRUSH | BRUSH | BRUSH | BRUSH | BRUSH | BRUSH | BRUSH |
| BRUSH | BRUSH | BRUSH | BRUSH | BRUSH | BRUSH | BRUSH |
| FLOSS | FLOSS | FLOSS | FLOSS | FLOSS | FLOSS | FLOSS |

Hang this chart in your bathroom. Write your name and day you started your promise to brush and floss in the space above. Put a star in the box when you brush in the morning, at night and also when you floss.

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