

BRUSHING & FLOSSING CALENDAR

To keep your teeth healthy, you need to brush them for two minutes twice a day using fluoride toothpaste. And floss once a day. Cut out this chart to help you remember.

 DELTA DENTAL



I BRUSHED & FLOSSED MY TEETH!

	BRUSHED MORNING	BRUSHED NIGHT	FLOSSED
MONDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SATURDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

KIDS:

Keep this chart in your bathroom. Check the box each morning you brush and each night you brush and floss.

PARENTS:

Center this chart in an 8 x 10 frame and use a dry-erase marker on the glass so you can reuse the same sheet over and over. It's also a cute piece to hang in your bathroom!

DECORATE THE CALENDAR BY COLORING IT OR ADDING STICKERS!

