



_____ 's
Brushing Chart

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

Visit MouthHealthy.org/SmileBuilders for more activity sheets.

HEALTHY SMILE TIPS



Brush your teeth twice a day with a fluoride toothpaste.



Clean between your teeth daily.



Eat a healthy diet that limits sugary beverages and snacks.



See your dentist regularly for prevention and treatment of oral disease.

ADA American Dental Association®