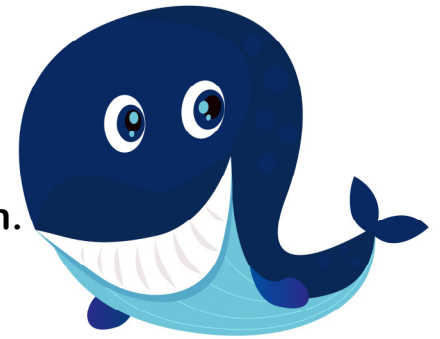




Toothbrushing Chart

Use your sand timer to brush your teeth for two minutes - every morning and every night!

Tick the boxes when you have brushed your teeth.



	Morning 	Night 
Monday	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>

Tip! Photocopy this sheet and keep your teeth sparkling all year round!