

My Brushing *Chart*

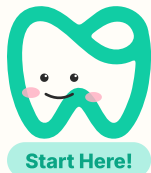
Brush twice a day for two minutes — once after breakfast ☀, once before bed 🌙. Tick a box every time you brush!

Visited by Pearly at _____

Centre
logo

My Name: _____

Start Date: _____



Day 1

☀	☐
🌙	☐

Day 2

☀	☐
🌙	☐

Day 3

☀	☐
🌙	☐

Day 4

☀	☐
🌙	☐

Day 5

☀	☐
🌙	☐

Day 6

☀	☐
🌙	☐

Day 7

☀	☐
🌙	☐

Day 8

☀	☐
🌙	☐

Day 9

☀	☐
🌙	☐

Day 10

☀	☐
🌙	☐

Day 11

☀	☐
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Day 12

☀	☐
🌙	☐

Day 13

☀	☐
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Day 14

☀	☐
🌙	☐

Day 15

☀	☐
🌙	☐

Day 16

☀	☐
🌙	☐

Day 17

☀	☐
🌙	☐

Day 18

☀	☐
🌙	☐

Day 19

☀	☐
🌙	☐

Day 20

☀	☐
🌙	☐

Day 21

☀	☐
🌙	☐

Day 22

☀	☐
🌙	☐

Day 23

☀	☐
🌙	☐

Day 24

☀	☐
🌙	☐

Day 25

☀	☐
🌙	☐

Day 26

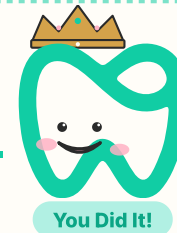
☀	☐
🌙	☐

Day 27

☀	☐
🌙	☐

Day 28

☀	☐
🌙	☐



MY PLEDGE

I promise to brush my teeth every morning and every night for two whole minutes, using a pea-sized smear of fluoride toothpaste — even on weekends.

SIGNED _____

WHAT I NOTICED ABOUT MY CHILD'S BRUSHING THIS MONTH: