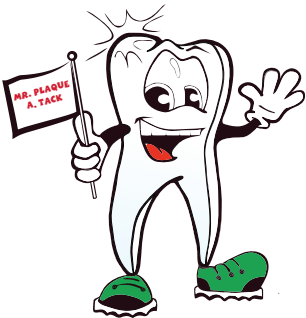




BRUSHING CHART

Name: _____



Use the chart below to track your progress day and night. Colour in a box every time you brush. If you can brush twice each day for 4 weeks... YOU WIN!

	Week 1		Week 2		Week 3		Week 4	
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								