eastside DENTAL

Toothbrushing Chart

Colour in the mornings and nights you have brushed!

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	