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Your Health Connection

Monthly Brushing Chart

To show that you have brushed your teeth in the morning, colour the sun. To show that you have brushed your teeth at night, colour the moon.

| Name: | |
|-------|--|
| | |



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