

Brushing and Flossing Chart

Use this chart to keep track of your healthy teeth habits.

- Color each  when you brush in the morning.
- Color each  when you brush before bed.
- Color each  when you floss before bed.



ADA American Dental Association®

Name _____ Month _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  	  	  	  	  	  	  
  	  	  	  	  	  	  
  	  	  	  	  	  	  
  	  	  	  	  	  	  

Brush 2x a day
for 2 minutes!



Floss 1x a day!



Use fluoride toothpaste!



You only need a pea-sized amount
of toothpaste to clean your teeth.