



My Brushing Chart

My name is: _____
(Child's Name)

I brush twice a day with fluoride toothpaste, after breakfast  and before bedtime .

For the family: Be sure that your child brushes for 2 minutes and uses a pea-sized amount of fluoride toothpaste.* Have your child make a check mark after brushing. Remind other family members to brush, too—and have them check the box!

Start Here

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7



Day 8



Day 9



Day 10



Day 19



Day 18



Day 17



Day 16



Day 15



Day 14



Day 13



Day 12



Day 11



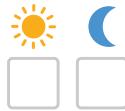
Day 20



Day 21



Day 22



Day 23



Day 24



Day 25



Day 26



Day 27



Day 28



You did it!

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