

Toothbrushing Chart

Brush for 2 minutes
twice a day



Week 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Night (Night (Night (Night (Night (Night (Night (
Week 2			×			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Night (Night (Night (Night (Night (Night (Night (
Week 3			*			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Night (Night (Night (Night (Night	Night	Night
Week 4			***			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Night (Night (Night (Night (Night (Night (Night (