

# my toothbrushing diary

This diary belongs to: \_\_\_\_\_



fill in each time you brush your teeth

**week 3**

**week 4**

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

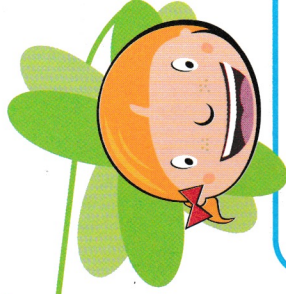
Sunday



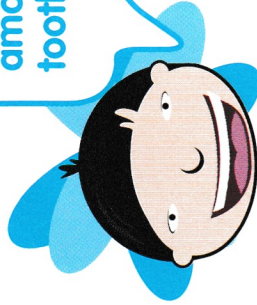
ask an adult  
to help you



brush at least twice a day  
– first thing in the morning  
and last thing before going  
to bed



use a pea-sized  
amount of fluoride  
toothpaste



spit, don't  
rinse

