































































CLEAN YOUR TEETH TWICE A DAY!

Cross off a toothbrush every time you clean your teeth.

| | | | | | | | | | | |
|--|--|--|--|--|---|---|---|---|---|---|
|  | HAVE YOU BRUSHED YOUR TEETH TODAY? | | | | | | 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   | 9   | 10   | 11   | | | | |
| 12   | 13   | 14   | 15   | 16   | 17   | 18   | | | | |
| 19   | 20   | 21   | 22   | 23   | 24   | 25   | | | | |
| 26   | 27   | 28   | 29   | 30   | WELL DONE!  | | | | | |









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|--|--|--|--|--|---|---|
| <p>BRUSH YOUR TEETH TODAY</p>  | <p>1</p>   | <p>2</p>   | <p>3</p>   | <p>4</p>   | <p>5</p>   | |
| <p>6</p>   | <p>7</p>   | <p>8</p>   | <p>9</p>   | <p>10</p>   | <p>11</p>   | <p>12</p>   |
| <p>13</p>   | <p>14</p>   | <p>15</p>   | <p>16</p>   | <p>17</p>   | <p>18</p>   | <p>19</p>   |
| <p>20</p>   | <p>21</p>   | <p>22</p>   | <p>23</p>   | <p>24</p>   | <p>25</p>   | <p>26</p>   |
| <p>27</p>   | <p>28</p>   | <p>29</p>   | <p>30</p>   | <p>31</p>   | <p>WELL DONE!</p>  | |





























































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