

MY SUPER FUN Smile Care Chart!



B is for brushing.
F is for flossing.

I colour in the circles to keep track of how well I take care of my teeth. I colour in the special tooth when I do all three smile care activities in one day!

	Morning	Bedtime	I did great!
Monday	(B)	(B) (F)	
Tuesday	(B)	(B) (F)	
Wednesday	(B)	(B) (F)	
Thursday	(B)	(B) (F)	
Friday	(B)	(B) (F)	
Saturday	(B)	(B) (F)	
Sunday	(B)	(B) (F)	

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