

# 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	<input type="checkbox"/> B	<input type="checkbox"/> B <input type="checkbox"/> F	<input type="checkbox"/>
Tuesday	<input type="checkbox"/> B	<input type="checkbox"/> B <input type="checkbox"/> F	<input type="checkbox"/>
Wednesday	<input type="checkbox"/> B	<input type="checkbox"/> B <input type="checkbox"/> F	<input type="checkbox"/>
Thursday	<input type="checkbox"/> B	<input type="checkbox"/> B <input type="checkbox"/> F	<input type="checkbox"/>
Friday	<input type="checkbox"/> B	<input type="checkbox"/> B <input type="checkbox"/> F	<input type="checkbox"/>
Saturday	<input type="checkbox"/> B	<input type="checkbox"/> B <input type="checkbox"/> F	<input type="checkbox"/>
Sunday	<input type="checkbox"/> B	<input type="checkbox"/> B <input type="checkbox"/> F	<input type="checkbox"/>

	Morning	Bedtime	I did great!
Monday	<input type="checkbox"/> B	<input type="checkbox"/> B <input type="checkbox"/> F	<input type="checkbox"/>
Tuesday	<input type="checkbox"/> B	<input type="checkbox"/> B <input type="checkbox"/> F	<input type="checkbox"/>
Wednesday	<input type="checkbox"/> B	<input type="checkbox"/> B <input type="checkbox"/> F	<input type="checkbox"/>
Thursday	<input type="checkbox"/> B	<input type="checkbox"/> B <input type="checkbox"/> F	<input type="checkbox"/>
Friday	<input type="checkbox"/> B	<input type="checkbox"/> B <input type="checkbox"/> F	<input type="checkbox"/>
Saturday	<input type="checkbox"/> B	<input type="checkbox"/> B <input type="checkbox"/> F	<input type="checkbox"/>
Sunday	<input type="checkbox"/> B	<input type="checkbox"/> B <input type="checkbox"/> F	<input type="checkbox"/>