



Monthly Brushing Chart

Color the ☀️ to show that you have brushed your teeth in the morning. Color the 🌙 to show that you have brushed your teeth at night.

nouvelle
DENTISTRY

Name: _____

Day	Week 1	Week 2	Week 3	Week 4
Monday	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙
Tuesday	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙
Wednesday	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙
Thursday	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙
Friday	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙
Saturday	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙
Sunday	☀️ 🌙	☀️ 🌙	☀️ 🌙	☀️ 🌙