

I Brushed My Teeth!

Name: _____

Month: _____



Help your kids form a regular routine of brushing their teeth twice a day. Together you can track their progress as they work towards a lifetime of healthy teeth and gums.

	Week 1		Week 2		Week 3		Week 4	
Monday								
Tuesday		you can do it!						
Wednesday								
Thursday					almost there!			
Friday								
Saturday			keep it up!					
Sunday								way to go!

This worksheet was created by the Vermont Department of Health's 802 Smiles Network which aims to expand dental services in schools and improve oral health for all Vermont kids.

To learn more about 802 Smiles Network and download a new brushing calendar, visit: HealthVermont.gov/802Smiles