





























FOR A SUPER SMILE REMEMBER:

2 MIN 2X

Sunday	 	 
Monday	 	 
Tuesday	 	 
Wednesday	 	 
Thursday	 	 
Friday	 	 
Saturday	 	 

Make it a habit!

Brush your teeth for 2 minutes , 2 times every day! Keep this handy reminder by your toothbrush and check the box in the upper right corner after each time you brush.

Can you check off every box for the week?

