



kids dentistry

Flossing and Brushing Chart

Color in the circles to keep track of when you brush and floss.

When you fill in all three circles in one day, you can also color in the special tooth!

	morning	evening	good day!
SUNDAY	(B)	(F) (B)	
MONDAY	(B)	(F) (B)	
TUESDAY	(B)	(F) (B)	
WEDNESDAY	(B)	(F) (B)	
THURSDAY	(B)	(F) (B)	
FRIDAY	(B)	(F) (B)	
SATURDAY	(B)	(F) (B)	

	morning	evening	good day!
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TUESDAY	(B)	(F) (B)	
WEDNESDAY	(B)	(F) (B)	
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