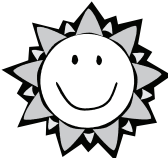
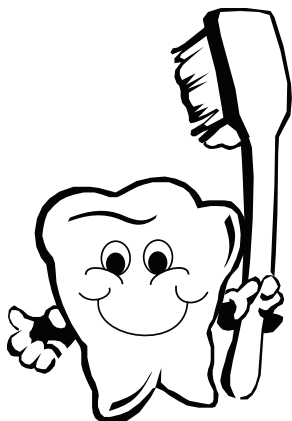


Brush and floss your teeth at least twice a day and after snacks.

Cepíllate y limpia tus dientes con seda dental al menos dos veces al día y después de tomar golosinas.

|                                      |  <b>Morning</b><br><b>Mañana</b>                                                                                                                                           |  <b>Snack</b><br><b>Golosina</b>                                                                                                                                           |  <b>Night</b><br><b>Noche</b>                                                                                                                                                 |
|--------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Monday</b><br><b>Lunes</b>        |          |          |          |
| <b>Tuesday</b><br><b>Martes</b>      |          |          |          |
| <b>Wednesday</b><br><b>Miércoles</b> |     |     |     |
| <b>Thursday</b><br><b>Jueves</b>     |    |    |    |
| <b>Friday</b><br><b>Viernes</b>      |    |    |    |
| <b>Saturday</b><br><b>Sábado</b>     |    |    |    |
| <b>Sunday</b><br><b>Domingo</b>      |    |    |    |



Draw an X on the chart every time you brush.  
 Dibuja una X en la tabla cada vez que te cepilles.