

MY BRUSHING AND READING CHART

Name: _____ Month: _____

2x2+20 
 Brush 2 minutes, 2 times a day + Read 20 minutes a day =
EASY MATH FOR A HEALTHY BODY AND MIND!



Monday

☒ 
☒ 
☒ 

Instructions:
 Brush 2 minutes, 2 times a day and read for 20 minutes a day. After brushing and reading, check off or click that day's tooth and book icons to finish your day!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
  	  	  	  	  	  	  
  	  	  	  	  	  	  
  	  	  	  	  	  	  
  	  	  	  	  	  	  
  	  	  	  	  	  	  

DELTA DENTAL
 FOUNDATION