

Toothbrushing Chart

It is best to use a toothbrush with a small head and soft bristles. A pea-sized amount of fluoride toothpaste should be used. Brush teeth thoroughly for 2 minutes and spit out at the end – do not rinse with water. When you have brushed your teeth tick the box in the chart below.



Monday	AM	PM	AM	PM	AM	PM	AM	PM
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Tuesday	AM	PM	AM	PM	AM	PM	AM	PM
.....								
Wednesday	AM	PM	AM	PM	AM	PM	AM	PM
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Thursday	AM	PM	AM	PM	AM	PM	AM	PM
.....								
Friday	AM	PM	AM	PM	AM	PM	AM	PM
.....								
Saturday	AM	PM	AM	PM	AM	PM	AM	PM
.....								
Sunday	AM	PM	AM	PM	AM	PM	AM	PM