

# 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.



<b>Monday</b>	AM	PM	AM	PM	AM	PM	AM	PM
<b>Tuesday</b>	AM	PM	AM	PM	AM	PM	AM	PM
<b>Wednesday</b>	AM	PM	AM	PM	AM	PM	AM	PM
<b>Thursday</b>	AM	PM	AM	PM	AM	PM	AM	PM
<b>Friday</b>	AM	PM	AM	PM	AM	PM	AM	PM
<b>Saturday</b>	AM	PM	AM	PM	AM	PM	AM	PM
<b>Sunday</b>	AM	PM	AM	PM	AM	PM	AM	PM