

# PD'S KIDS CLUB BRUSHING CHART

	DAY OF THE WEEK	BRUSH IN THE MORNING	BRUSH AND FLOSS AT BEDTIME
WEEK 1	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		
WEEK 2	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		
WEEK 3	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		
WEEK 4	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		

BRUSHING EVERY MORNING AND BEFORE BED EACH NIGHT IS A SURE WAY TO HELP YOUR TEETH STAY SHINY AND BRIGHT!

USE THIS CHART TO HELP YOU REMEMBER TO BRUSH TWICE DAILY. JUST MARK A BOX EACH TIME YOU BRUSH YOUR TEETH!

Visit our website at [perimeterdentalgroup.com](http://perimeterdentalgroup.com) to download additional copies of this chart.



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