



BLACK HILLS Pediatric DENTISTRY



TOOTHBRUSHING

TRACKER

NAME: _____

Brush your teeth 2 times a day for a happy, healthy smile!
Color in each ☀ morning and each 🌙 night after you brush!

YOU'VE
GOT THIS!

DAY	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1	1 	2 	3 	4 	5 	6 	7 
							
WEEK 2	8 	9 	10 	11 	12 	13 	14 
							
WEEK 3	15 	16 	17 	18 	19 	20 	21 
							
WEEK 4	22 	23 	24 	25 	26 	27 	28 
							
WEEK 5	29 	30 	31 	 KEEP UP THE GREAT BRUSHING!			
							

BRUSHING SUPERSTAR!

