FOR FAMILIES

My brushing week.

A little routine, one day at a time. Mark each moment with a grown-up.

Week beginning: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	☐	☐	☐	☐	☐	☐	☐
Evening	☐	☐	☐	☐	☐	☐	☐

Our little win this week:



Follow the product label and your dentist's guidance. This chart supports a routine; it is not clinical advice.