






















TAKE THE CAPTAIN SUPERTOOTH CHALLENGE!

Toothbrushing & Flossing Chart

Color in or cross out the toothbrush and dental floss every time you brush or floss!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
When you get up in the morning							
When you get home from school							
Before you go to bed at night							
Don't forget to floss!	