



Training for a Superhero Smile

Child: Brush teeth twice a day, after breakfast ☀️ and before bedtime 🌙.

Note to families: Brush with your child! Choose a different color crayon for each family member, and write names below.



Family member: _____



Family member: _____



Family member: _____



Family member: _____

I brushed

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

DAY 14 DAY 13 DAY 12 DAY 11 DAY 10 DAY 9 DAY 8

DAY 14 DAY 13 DAY 12 DAY 11 DAY 10 DAY 9 DAY 8

DAY 14 DAY 13 DAY 12 DAY 11 DAY 10 DAY 9 DAY 8

Tally: I brushed morning and night on _____ days.

My family brushed with me on _____ days.