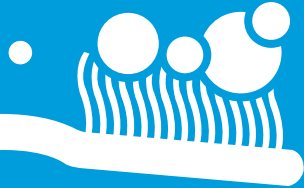


2 FOR 2 PLEDGE

Smiling is one of my favorite exercises, and it starts with healthy teeth and gums. To take care of my smile, I pledge to brush my teeth twice a day and floss once a day. I also will encourage my family members and friends to brush and floss every day. A healthy smile is a gift to me and everyone who sees it.



Name: _____



BRUSHING CHART

keep track of your brushing and flossing for 30 days.



brush ☀ 1 2 3 4 5 6 7 8 9 10

floss ☾

brush ☾

brush ☀ 11 12 13 14 15 16 17 18 19 20

floss ☾

brush ☾

brush ☀ 21 22 23 24 25 26 27 28 29 30

floss ☾

brush ☾

