

MY TEETH ARE IMPORTANT!

Days of the week	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

I PROMISE TO:

- 🦷 Brush my teeth for 2 minutes, twice a day.
- 🦷 Floss my teeth once a day.
- 🦷 Only drink water after I have brushed my teeth at night.
- 🦷 Eat more fruits and vegetables because they are good for my teeth.
- 🦷 Eat less sugary foods because they are NOT good for my teeth.

