



STUDENT HANDOUT 5

Name \_\_\_\_\_

Brushing your teeth helps them stay healthy.  
It helps get rid of plaque and germs that can make cavities.

Keep track of your toothbrushing for one week. Put a check each time you brush your teeth.

## WEEKLY TOOTHBRUSHING CHART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
<b>NIGHT</b>						