



# PLEDGE TO BRUSH

Teeth Cleaning Tracking Chart



A well-being program brought to you by...



## Week 1

Day	Placeck each time you brush
1	
2	
3	
4	
5	
6	
7	

## Week 4

Day	Placeck each time you brush
1	
2	
3	
4	
5	
6	
7	

## Week 2

Day	
1	
2	
3	
4	
5	
6	
7	

## Week 6

Day	
1	
2	
3	
4	
5	
6	
7	

## Week 3

Day	
1	
2	
3	
4	
5	
6	
7	

## Week 6

Day	
1	
2	
3	
4	
5	
6	
7	