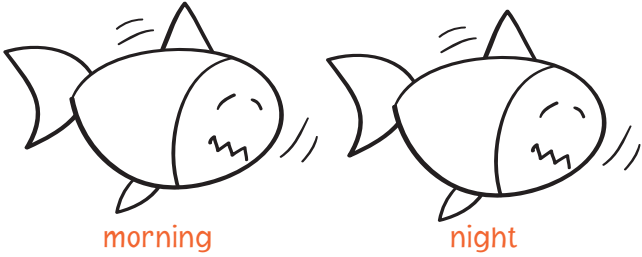


Brush up on your tooth care.

The best way to keep your smile bright and healthy is to brush and floss your teeth every day. This chart will help you keep track. Print it out, then color in a fish every time you brush and floss. Then smile — and show the world your clean and beautiful teeth.

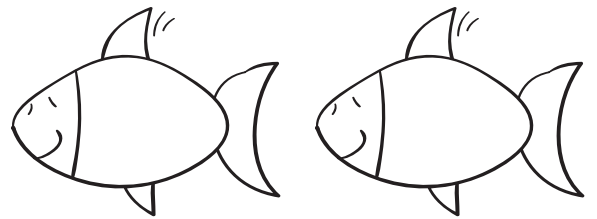
Monday



morning

night

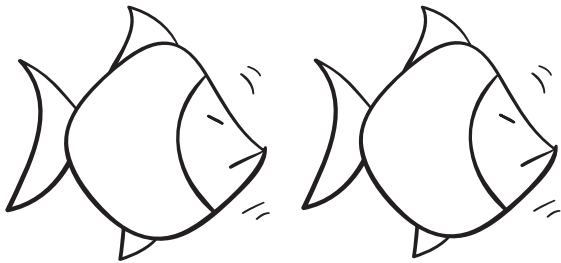
Tuesday



morning

night

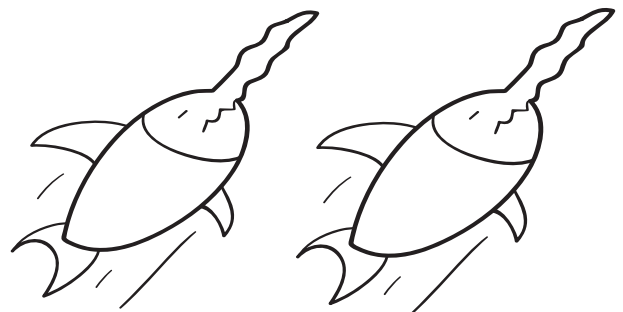
Wednesday



morning

night

Thursday



morning

night

Friday



morning

night

Saturday



morning

night

Sunday



morning

night