

my toothbrushing diary

This diary belongs to: _____

 fill in each time you brush your teeth



ask an adult
to help you



week 1 

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



week 2 

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



brush at least twice a day
– first thing in the morning
and last thing before going
to bed



use a pea-sized
amount of fluoride
toothpaste



spit, don't
rinse



Is your toothbrushing getting better? _____

my toothbrushing diary

This diary belongs to: _____

 fill in each time you brush your teeth



ask an adult
to help you



week **3**

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



week **4**

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



brush at least twice a day
– first thing in the morning
and last thing before going
to bed



use a pea-sized
amount of fluoride
toothpaste



spit, don't
rinse



Well done – keep toothbrushing!