





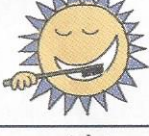

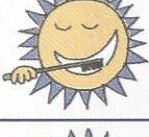

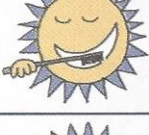





My teeth cleaning chart

Name _____

	Morning	Done	Night	Done
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

TWO MINUTES TWICE A DAY

- Brush your teeth twice a day with a fluoride toothpaste
- Cut down on how often you have sugary foods and drinks
- Visit your dentist regularly, as often as they recommend



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