

BRUSH TWICE, SMILE EVERY DAY

TICK OFF A TOOTH EACH TIME YOU BRUSH
FOR 2 MINUTES WITH FLUORIDE TOOTHPASTE.

AM = AFTER YOU WAKE UP
PM = BEFORE YOU GO TO BED



WEEK 1

WEEK 2

WEEK 3

WEEK 4

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	AM PM  	AM PM  	AM PM  	AM PM  
TUE	AM PM  	AM PM  	AM PM  	AM PM  
WED	AM PM  	AM PM  	AM PM  	AM PM  
THU	AM PM  	AM PM  	AM PM  	AM PM  
FRI	AM PM  	AM PM  	AM PM  	AM PM  
SAT	AM PM  	AM PM  	AM PM  	AM PM  
SUN	AM PM  	AM PM  	AM PM  	AM PM  



World Oral
Health Day
20 March



EVERYONE,
EVERYWHERE
IS INVITED
TO JOIN US

#GENERATIONSMILE
#WOHD27

WORLDORALHEALTHDAY.ORG



KEEP BRUSHING.
KEEP SMILING!



BRUSHING CHAMPION!



THIS CERTIFIES THAT

HAS DONE A FANTASTIC JOB BRUSHING
TWICE A DAY WITH FLUORIDE TOOTHPASTE!



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