

MY BRUSHING AND READING CHART

Name: _____ Month: _____

2x2+20 
 Brush 2 minutes, 2 times a day + Read 20 minutes a day =
EASY MATH FOR A HEALTHY BODY AND MIND!



Monday

   

Instructions:
 Brush 2 minutes, 2 times a day and read for 20 minutes a day. After brushing and reading, cross off that day's tooth and book icons to finish your day!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
  	  	  	  	  	  	  
  	  	  	  	  	  	  
  	  	  	  	  	  	  
  	  	  	  	  	  	  
  	  	  	  	  	  	  



Delta Dental of South Dakota

   www.deltadentalsd.com/girlscouts

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Developed by the Delta Dental Foundation