



Defend against decay

Color in a tooth after you brush each morning and night. Twice a day helps keep your teeth and body strong.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	 Morning	 Morning	 Morning	 Morning	 Morning	 Morning	 Morning
	 Night	 Night	 Night	 Night	 Night	 Night	 Night
Week 2	 Morning	 Morning	 Morning	 Morning	 Morning	 Morning	 Morning
	 Night	 Night	 Night	 Night	 Night	 Night	 Night
Week 3	 Morning	 Morning	 Morning	 Morning	 Morning	 Morning	 Morning
	 Night	 Night	 Night	 Night	 Night	 Night	 Night
Week 4	 Morning	 Morning	 Morning	 Morning	 Morning	 Morning	 Morning
	 Night	 Night	 Night	 Night	 Night	 Night	 Night

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