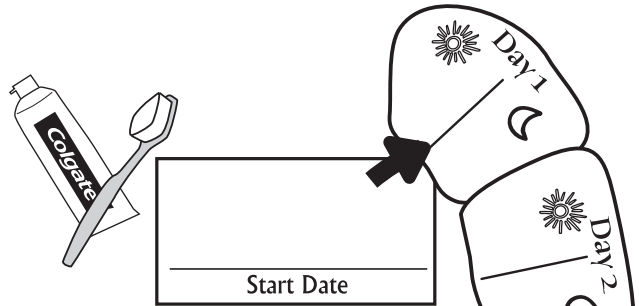


**Colgate**

# Brush like a Tooth Defender

Remember to brush your teeth with fluoride toothpaste at least twice a day, especially after eating breakfast and before bedtime.



Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Start Date

Colour Family Member Colour Family Member

○ \_\_\_\_\_ ○ \_\_\_\_\_

○ \_\_\_\_\_ ○ \_\_\_\_\_

Completion Date

**Kids:** Choose a crayon or coloured pencil colour to use on the chart. Choose a different colour for each family member who may be brushing with you. Each of you should tick (✓) each time you brush, morning and night!

**You did it!**



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