











PLATINUM
HEALTH



I BRUSHED MY TEETH

Tick the block when you've brushed your teeth.

								
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
	Week 1		Week 2		Week 3		Week 4	

Use your toothpaste and your toothbrush ...

Brush correctly and do not rush...

Brush in circles to get your teeth nice and clean ...

The front, the back and in between ...

And to get the number of times just right ...

Brush every morning and last thing at night ...

