

# 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, check off or click that day's tooth and book icons to finish your day!

| Monday                                                                                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                                   | Thursday                                                                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                                            | Saturday                                                                                                                                                                                                                                                          | Sunday                                                                                                                                                                                                                                                            |
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**DELTA DENTAL**  
 FOUNDATION