



# 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
  	  	  	  	  	  	  
  	  	  	  	  	  	  
  	  	  	  	  	  	  
  	  	  	  	  	  	  
  	  	  	  	  	  	  

**DELTA DENTAL  
 FOUNDATION**