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!





Instructions:
Brush 2 minutes, 2 times a day and read for 20 minutes a day. After brushing and reading, cross off that day's tooth and book icons to finish your day!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

DELTA DENTAL®

Delta Dental of Oklahoma Foundation

DDOKFoundation.org

FLI-6466 v5 10/21

MY BRUSHING AND READING CHART

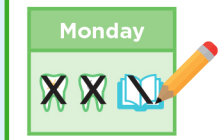
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