



Toothbrushing Chart

BRUSH FOR 2 MINUTES TWICE A DAY



Week 1

Monday

Morning 

Night 

Tuesday

Morning 

Night 

Wednesday

Morning 

Night 

Thursday

Morning 

Night 

Friday

Morning 

Night 

Saturday

Morning 

Night 

Sunday

Morning 

Night 

Week 2

Monday

Morning 

Night 

Tuesday

Morning 

Night 

Wednesday

Morning 

Night 

Thursday

Morning 

Night 

Friday

Morning 

Night 

Saturday

Morning 

Night 

Sunday

Morning 

Night 

Week 3

Monday

Morning 

Night 

Tuesday

Morning 

Night 

Wednesday

Morning 

Night 

Thursday

Morning 

Night 

Friday

Morning 

Night 

Saturday

Morning 

Night 

Sunday

Morning 

Night 

Week 4

Monday

Morning 

Night 

Tuesday

Morning 

Night 

Wednesday

Morning 

Night 

Thursday

Morning 

Night 

Friday

Morning 

Night 

Saturday

Morning 

Night 

Sunday

Morning 

Night 

It is recommended that children brush their teeth twice a day for 2 minutes. Use the chart to make toothbrushing time fun for your child. Fill in the boxes to indicate toothbrushing has been completed.



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Morning 

Night 

Sunday

Morning 

Night 

Week 2

Monday

Morning 

Night 

Tuesday

Morning 

Night 

Wednesday

Morning 

Night 

Thursday

Morning 

Night 

Friday

Morning 

Night 

Saturday

Morning 

Night 

Sunday

Morning 

Night 

Week 3

Monday

Morning 

Night 

Tuesday

Morning 

Night 

Wednesday

Morning 

Night 

Thursday

Morning 

Night 

Friday

Morning 

Night 

Saturday

Morning 

Night 

Sunday

Morning 

Night 

Week 4

Monday

Morning 

Night 

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Sunday

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