



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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Wednesday

Morning

Night

Thursday

Morning

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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

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Morning

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Thursday

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