

# my toothbrushing diary



This diary belongs to: \_\_\_\_\_

tick the box each time you brush your teeth

week 1



Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

week 2



Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

brush at least twice a day  
– first thing in the morning  
and last thing before  
going to bed

use a pea-sized  
amount of fluoride  
toothpaste

spit,  
don't rinse

Is your toothbrushing getting better?

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week



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week



Monday		
Tuesday		
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Sunday		

**brush at least twice a day  
– first thing in the morning  
and last thing before  
going to bed**

**use a pea-sized  
amount of fluoride  
toothpaste**

**spit,  
don't rinse**

**Well done – keep toothbrushing!**