

My Brushing Tracker

Colour in a box every time you brush — two weeks

Name: _____

Start date: _____

Week 1

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Morning	☐	☐	☐	☐	☐	☐	☐
Bedtime	☐	☐	☐	☐	☐	☐	☐

Week 2

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Morning	☐	☐	☐	☐	☐	☐	☐
Bedtime	☐	☐	☐	☐	☐	☐	☐

