

Tick morning and bedtime brushing, two minutes each, for 14 days

Tick morning and bedtime brushing, two minutes each, for 14 days

☐ Morning, 2 minutes	Sun., Nov. 1
☐ Bedtime, 2 minutes	Sun., Nov. 1
☐ Morning, 2 minutes	Mon., Nov. 2
☐ Bedtime, 2 minutes	Mon., Nov. 2
☐ Morning, 2 minutes	Tue., Nov. 3
☐ Bedtime, 2 minutes	Tue., Nov. 3
☐ Morning, 2 minutes	Wed., Nov. 4
☐ Bedtime, 2 minutes	Wed., Nov. 4
☐ Morning, 2 minutes	Thu., Nov. 5
☐ Bedtime, 2 minutes	Thu., Nov. 5
☐ Morning, 2 minutes	Fri., Nov. 6
☐ Bedtime, 2 minutes	Fri., Nov. 6
☐ Morning, 2 minutes	Sat., Nov. 7
☐ Bedtime, 2 minutes	Sat., Nov. 7

☐ Morning, 2 minutes	Sun., Nov. 8
☐ Bedtime, 2 minutes	Sun., Nov. 8
☐ Morning, 2 minutes	Mon., Nov. 9
☐ Bedtime, 2 minutes	Mon., Nov. 9
☐ Morning, 2 minutes	Tue., Nov. 10
☐ Bedtime, 2 minutes	Tue., Nov. 10
☐ Morning, 2 minutes	Wed., Nov. 11
☐ Bedtime, 2 minutes	Wed., Nov. 11
☐ Morning, 2 minutes	Thu., Nov. 12
☐ Bedtime, 2 minutes	Thu., Nov. 12
☐ Morning, 2 minutes	Fri., Nov. 13
☐ Bedtime, 2 minutes	Fri., Nov. 13
☐ Morning, 2 minutes	Sat., Nov. 14
☐ Bedtime, 2 minutes	Sat., Nov. 14

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