

Colgate®

Supporting

NHS

MY TOOTHBRUSHING CHART

WELCOME TO THE TOOTHBRUSHING CHALLENGE

CHILD'S NAME

START HERE

DAY 1

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DAY 2

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DAY 3

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DAY 4

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DAY 5

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DAY 6

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DAY 7

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DAY 8

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DAY 9

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DAY 10

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DAY 11

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DAY 12

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DAY 13

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DAY 14

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CONGRATULATIONS -
KEEP UP THE
GOOD WORK!

REMEMBER TO
CLEAN ALL TOOTH
SURFACES, BRUSH
TOP AND BOTTOM,
INSIDE AND OUT!

MAKE SURE TO SHARE THE
GOOD NEWS WITH YOUR
TEACHER!

